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Stephen Graham! p40



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NUTSMEMS

BALE!
SUPERHERO NEWS 1!
Batmai

Batman: Les behind the scenes!

Amazing shots of *The Dark Knight Rises*!

Christopher Nolan is notoriously secretive about his movie-making process. But when you're filming a huge punch-up on the steps of Pittsburgh, Pennsylvania's Mellon Institute (standing in for Gotham City Hall), you're going to get the odd passing snapper.

Hence these amazing pics showing Batman (Christian Bale) having an epic dust-up with new villain Bane (Tom Hardy) during a break-out of prisoners from Arkham Asylum in the snow and a brandnew camouflaged Batmobile. Carry on, Mr Nolan, this all looks impossibly good!











his dust wall, 900m
high and moving in
at a speed of around
40mph, is in the middle
of swallowing the American
city of Phoenix, Arizona,
in one God-like gulp. Huge
thunderstorms in central

Arizona kick up these statechomping storms, as summer temperatures hit highs of 43°C, allowing for plenty of dust to feed them. Still, if you're a local, it's probably as tedious as missing a train or stubbing a toe. Or, you know, Jedward.









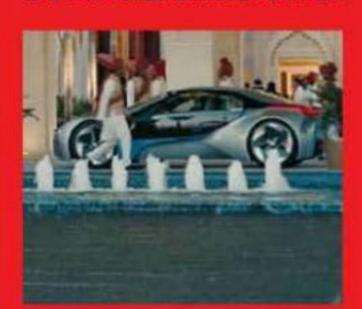


- BMW are a clever bunch of so-and-sos. This may not yet be an official production car, but with the grunt of an M3 and better economy than a Mini, this muscle-bound hybrid can't be ignored.
- So how does it manage to whoop a V8-engined BMW M3 off the lights? That'll be the four-wheel-drive grip. And the fact it has a 129bhp, 184lb/ft electric motor driving the front rims, while a 220bhp, 221lb/ft three-cylinder petrol engine provides the rear-end shove.
- In other words, it'll crack a 0-62mph time of 4.6 seconds. Think of the

- i8 as a handsome Toyota Prius that's been hitting the gym!
- Being a hybrid, it can travel at low speeds purely on battery power for up to 20 miles.
- But mash the throttle and the 1.5 direct-injected petrol motor chucks power to the rear wheels to top out at 155mph. Even more impressive is that the i8 will gun from 50-75mph in just 4.0 secs.
- A modern, small lithium-ion battery pack means the car weighs about the same as a normal family saloon (1,480kg) and recharges in under two hours from a household socket.
- BMW reckon the 3-Seriessized i8 will achieve a
 minimum of 104mpg, which
 is helped by stop-start
 engine tech, electric power
 steering and that gorgeous
 slippery coupé shape made
 from carbon-fibrereinforced plastic (CFRP).
- And this motor, which won't cost anything to tax or drive through London, also goes around corners bloody well, thanks to a perfect 50:50 weight distribution, low centre of gravity (that'll be the aluminium chassis) and double wishbone front and multi-link rear suspension.

In Mission: Impossible!

The i8 will hit the market in 2013 for around £110k, but Mission: Impossible's Ethan Hunt already has one – it's in the blockbuster's latest trailer!







Nuts EXCLUSIVE!

Drone of death!

It's the world's coolest remote-controlled helicopter

lad in what can only be described as "stealth black", this gorgeous piece of hardware is the Shadowhawk UAV, made by American defence company Vanguard Defense. Only 2.1m long and weighing 22kg, it packs an arsenal of tasers, grenades and shotgun shells, and is currently being used by an oil company to track and destroy pirates off the Horn of Africa.

Broadcasting real-time images (with handy cross-hairs added for when the shooting begins), the controller pilots it from a secure base, sending it to crisis areas where it can operate at no risk to soldiers/cops/mercenaries. Makes our £50 'copter from Firebox look pretty weak!

SURVEILLANCE

It can maintain aerial surveillance of an area (or vehicle or person) at 200m without being detected.

PERFORMANCE

The drone can reach speeds of 70mph and can fly for up to three hours on a single tank of petrol.

The Shadowhawk can be

equipped with shotguns and 40mm grenade launchers, or tasers for the police.

GUNS

OPTICS

On top of a zoomable video camera, operators can switch between thermal imaging for night flights.

Even the army was struggling

Nuts EXCLUSIVE!

It's lingerie basketball!

Like ordinary basketball, only hotter!

asketball is usually about unnaturally lanky lumps squeaking around a polished hardwood court and sweating on each other. Fun, but not sexy. Luckily, some clever Americans have made the sport infinitely better by removing men and adding ladies. And lingerie.

The four-team Lingerie Basketball League, based in LA, joins the already established Lingerie Football League over there, which is terrific news for serious sports fans. If it was in Britain, of course, we'd probably have "lingerie rugby", which obviously wouldn't be quite so compelling.

"Give me the ball or I'll

pull another funny face"











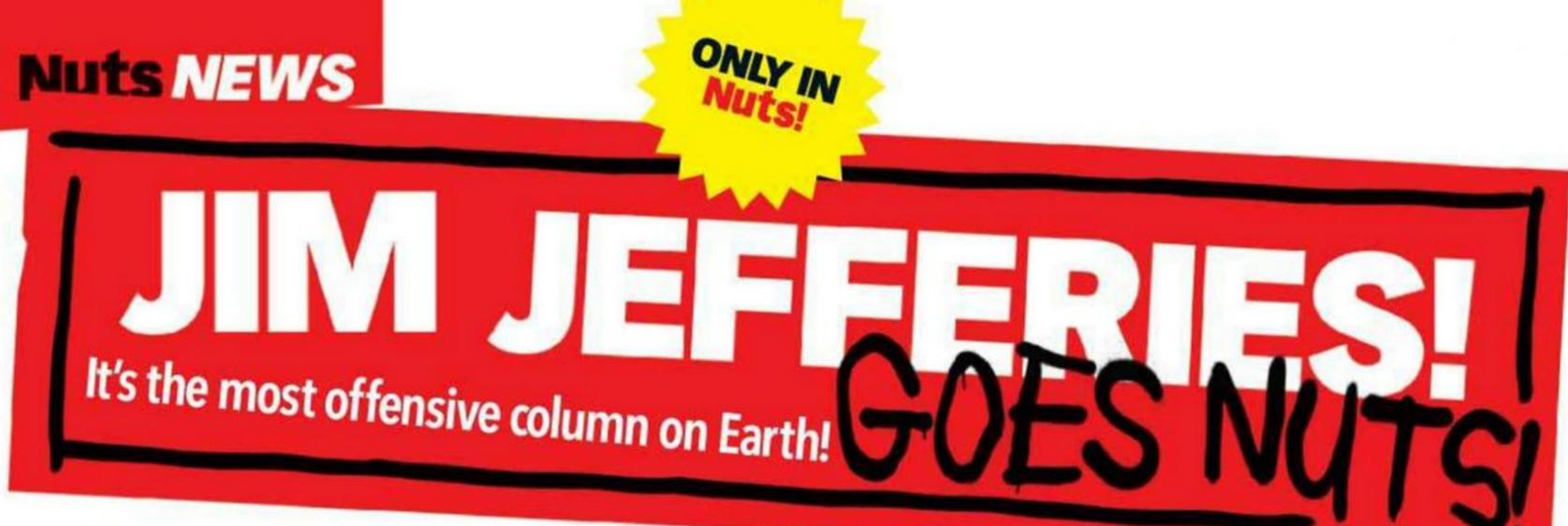


own the game

adipower predator adidas.com/football







'If you like kissing, you're f**kin' retarded!'

Kiss off!

Studies have shown that married couples over 45 can go for weeks without kissing each other. No sh*t! I'm 34 and I don't want to kiss other 34-year-olds. Let's

be honest, kissing is
a little bit f**kin'
retarded, but
women never
seem to grow
out of it.
Men kiss
women

because we like them and we're a charitable bunch, but we don't like it. We used to like it in our teens, but then someone sucked our d*cks. Now, why would I want to play on the swings when I've been to Disneyland?

Heil, kitty kitty

Here's one for you animal lovers.

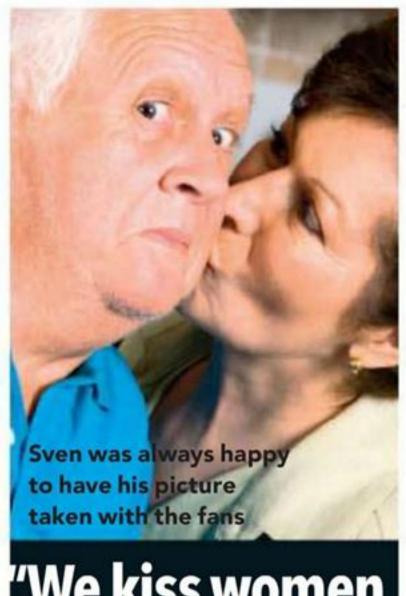
(Awww, cute!) A kitten in a Wood
Green animal shelter can't find
a home because she looks too
much like Adolf Hitler. The
problem is, the people at this
shelter clearly aren't selling
the kitten right. That's

a Charlie Chaplin
cat! That cat
that looks like
Osama bin
Laden? Sell it as
a Santa kitten! Mind
you, that dog that
looks like Katie Price
may have to be put down.

not a Hitler cat, it's

Amy's wine house

The front of the late Amy
Winehouse's home has been
turned into a shrine, with fans
showing up during the day to pay
their respects. But at night, it
becomes a hotspot for drunken
revelry, with many claiming that
"this is what Amy would've



'We kiss women because we're charitable!"

wanted". And I have to agree with them – it is nice and fitting. Lord knows, when Beth Ditto or that Rik Waller from [ITV reality show] Pop Idol die, I'll probably be sitting outside their house tucking into a huge f**kin' curry. Come to think of it, has anyone seen Rik recently?



Duff stuff

A 29-year-old Welshman has become Britain's youngest grandfather. Shem Davies says he's looking forward to being a granddad, and talking about the good old days when a can of Coke cost just 70p and a PlayStation 2 was the only entertainment you had when the internet crashed. When he was young, they didn't have iPhones, they had iPods - and they were damn f**kin' happy to have them! On a serious note, it transpires that nearly 40,000 UK women under the age of 18 got pregnant in 2009 - although that figure dropped substantially when I moved to California.

A load of balls

Have you seen page 16 of this issue? Yes, in Los Angeles, they've just launched something called lingerie basketball, where women play the sport in their underwear. I, for one, am sick to death of stuff like this. If I want to see women prancing around in their underwear, I'll buy a copy of this magazine. If I want basketball, I'll watch tall guys playing it. I'll w*nk off to both of them but please – I like to keep them separate.

Jim Jefferies: Alcoholocaust Live is out now on DVD OS: CLAY ENOS, LONDON MEDIA, ALAMY



Like it. Push it.

HTC ChaCha





FROM THE DIRECTOR OF 300



On Blu-ray and DVD now at hmv.com

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Nuts 25

www.nuts.co.uk/reviews

NUTS GEAR



WORDS: RORY BUCKERIDGE

£40

YOURLETTE

Laugh? We nearly choked on our crisps!

Send your letters to nutsletters @



Crash? Corsa it is!

Dear Nuts,

I drive a Vauxhall Corsa myself, so I was happy to see that they're not considered rubbish!

Chester, Norwich

Nope – by the look of it, the only rubbish thing about this little scenario was the person driving the car!



Dear Nuts,

I thought I'd send you a snap of my friends and I enjoying a holiday together, so that your readers can see what we get up to. We are, from the left, Anna, Jenny and Leanne.

Anna Middleton, via email
And there was us thinking that
girly holidays involved visiting
old ruins and nature rambles.



"It's my turn to be Starsky!"

Midfield King

Dear Nuts,

This is one of my mates having his picture taken with Man City and England star Gareth Barry, who we spotted in Burger King at Alton Towers.

Jay Simmons, Staffs
He didn't really need to be in
Burger King – playing for City,
he already gets a "Whopper"
of a pay packet every week!



Lip service

Dear Nuts,

While we were on holiday recently, we took time out from sipping cocktails on the beach to pop on our *Nuts* vests and give your readers our best pout.

Suzy and Hannah, via email
And a very fine pout it is, too.
Or, rather, two of them. Good
work, Suzy and Hannah!



Forces fan

Dear Nuts,

Here's your mag being enjoyed in some serious military kit!

Danny Williams, Afghanistan Remember, squaddies, email Nuts for ace care packages!

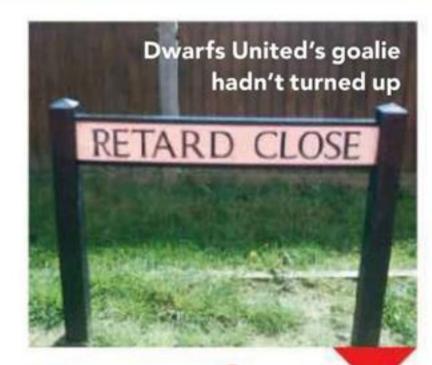
Win Durex stuff!

Send your letters, hilarious spam pictures and Cameraphone Cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 72. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both you and your missus happy. Visit www.durex.co.uk for more information.





pcmedia.com or to the address on p72



Home of Jedward?

Dear Nuts,
It's meant to say "Petard" but
we're a bit childish!
Si, via email

At least it enabled us to have a pop at Jedward in the title!





Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcme

Damn you,

frosted glass!

SHORT JOKES!

I hear Steven Spielberg's making another movie about a swashbuckling archaeologist who searches for mythical artefacts unseen by men for many years. It's called Indiana Jones And The Arsenal Trophy Cabinet!

Mark, via email

What's the difference between a high court judge and a Premier League footballer? One's for gagging it in court when the other's caught gagging for it!

Patrick, via email

Doctor: You're going to have to stop w*nking! **Patient: Why? Doctor: Because I'm trying** to examine you! Gareth, South London

> a hot dog stand? A: Take away its chair!

Q: What's square and hairy? A: A pubic's cube!

Russell, via email

Q: How do you make Tom, Essex



Broken man

Bob takes a trip to his doctor's. "Doctor, no matter where I touch on my body I'm in the most terrible pain," he says.

"Show me where it hurts," the doctor replies.

Bob touches his head and cries out in pain. He does this when he

touches his mouth, his arm and his stomach, until by the end, he's weeping with agony.

Bob wails, "Please, I can't go on! Do you know what's wrong with me?"

The doctor replies, "Yes, you've broken your finger, you idiot." Bernard, via email



language!

A man's working in the garden when his wife's about to take a shower. Realising he can't find the rake, he signals to his wife, pointing to his eye, then knee and makes a raking motion. "Eye. Kneed. The rake," he says while doing so.

His wife, now naked, nods and does a mime herself-pointing to her eye, then to her left breast, then her backside, and finally to her crotch.

The man's clueless. Exasperated, he goes upstairs and asks her, "What the hell was that?"

"Eye. Left t*t. Behind. The bush," she replies. Mark, via email

Win an Xbox 360 & F.E.A.R. 3!

The sender of this week's best joke* wins an Xbox 360 and a copy of brilliant paranormal first-person shooter F.E.A.R 3, which is out now on Xbox, PS3 and PC. All courtesy of Warner Bros Games.





dia.com or to the address on p72



Right on the money

A guy meets a prostitute in a bar who promises him he can have whatever he wants for £300, so long as he can say it in three words. He agrees, slaps down the money and says, "Paint. My. House."

G, via email



Going for a snip

A boy goes to get a haircut and the barber whispers to another punter, "This is the most stupid kid ever. Watch this."

The barber puts a fiver in one hand and two quid in the other, and asks, "Which do you want, son?" The boy takes the coins and leaves. "See?" says the barber. "Stupid!"

When the customer leaves, he sees the boy exiting the ice-cream shop. "Why did you take the two quid instead of the fiver?" he asks.

"The day I take the fiver, the game's over!" comes the reply.

George, Paignton

FAMOUS BLOKES' JOHNSON JOHNS

JIMMY CARR:

"A man aged 100 was taken to hospital with sunburn. He should think of it as a rehearsal for next week's cremation"

SEAN LOCK:

"I made my own survival guide. It was edible. Page one: 'Eat this.' People always survived"



"That's Victoria Beckham's fourth baby by caesarean now. They may as well have just put in a hinge"

MILTON JONES:

"Elephants are overprotected.
Then again, that's easy for me
to say from my ivory tower"

ED BYRNE:

"I have a very liberal attitude to immigration. That is, until some Lithuanian doorman refuses me entry to a nightclub. What do you mean you won't let me in? We let you in!"



CAMERA RECNE ONLY IN SWin £100!

Seen something daft? Snap it, send it in and win £100!



Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 72.



"It's a pool hall double-plank!" **Gav, Scunthorpe**





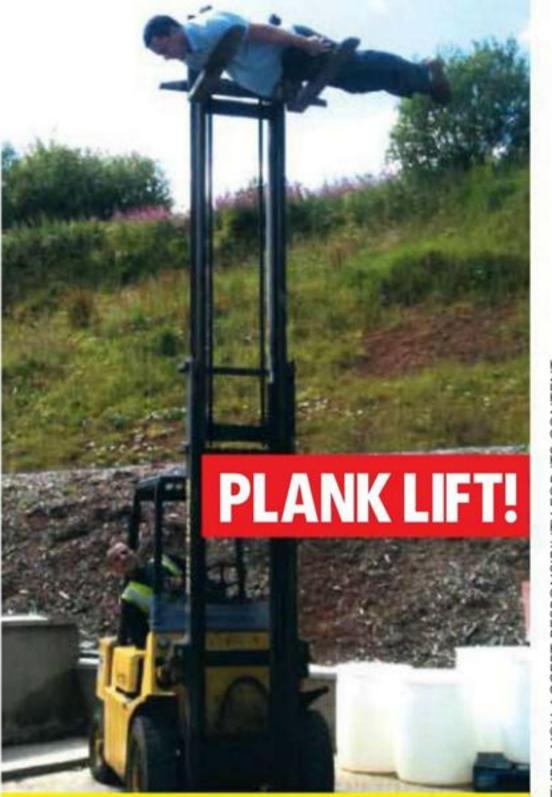


"Planking while out on the lash in the Toon!" Rob C, South Shields





"Do not try this at home under any circumstances!" Anon, via text



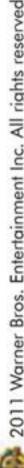
"My pal disregarding health and safety by planking on a 20ft forklift!" Gavin, Belfast

Disclaimer!

Please take care when planking. Should you fail to heed this advice, remember to send your pics in to Don't Look!



FREE DELIVERY ON EVERYTHING



THE TRUTH ABOUT SEX WITH... SABINE

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



I can't always do it!

How can I let my girlfriend know that sometimes I'm just too tired to do it, without her getting offended?

Andy, West Bromwich

Why not improvise to save your energy? Perhaps ask her to go on top or try spooning? Or – for a real swordsman – discuss with your girlfriend exactly what you'd like to do to each other but ban any touching or sex during the week. By the weekend, you'll be ripping each other's clothes off!

Nuts Babes' SEX TIPS!

No.49: "New lingerie's a great way to make your girl feel sexy! She'll love trying it on for you!" Gracie Lewis



Is her tongue piercing OK?

There's a girl I fancy with a tongue stud – my mates say this is because she loves noshing blokes off. Are they right and should I be worried?

Percy, Dunfermline

A tongue stud doesn't mean anything! I certainly wouldn't think it guaranteed more oral sex for you. It can hint that she's a risk taker, but don't make too many sexy assumptions!

Am I a stud?

How many girls do I need to have been with before I get a reputation as a bit of a stud? I'm on five...

Lior, Gravesend

Come on! Numbers don't mean anything about your bedroom abilities. It's better to be with one long-term girlfriend. That way, you'll pick up more sexy skills and get to know what a girl really likes. What's better – five one-night stands or years of regular sex?

She won't keep quiet

My missus makes a deafening amount of noise during sex and the neighbours aren't happy. How can I get her to shut up?

Ted, Gants Hill

Get her to bite down on a pillow

-that could be kinky - or maybe
tie a beautiful silk scarf around
her mouth to keep her moans
quiet. If it gets really bad - take
her into the woods where no
one can hear. That said, I wouldn't
be too upset if I were you - her
screaming is just advertising
your bedroom talents!





PREMIER LEAGUE PREDICTIONS

MERSE!

Football is back! Paul Merson rates this season's contenders for Nuts!



A S T O N V J L L A

Players in: Charles N'Zogbia (Wigan), £9.5million; Shay Given (Man City), £3.5million Money spent: £13million Last season: Premier League: 9th; FA Cup: 5th round; Carling Cup: quarter-finals Did you know? Villa won the 1980-81 League title using only 14 players for the whole season.

First three fixtures:

13th August: Fulham (A);
20th August: Blackburn (H);
27th August: Wolves (H)

Merse says: "I really think

Villa could be dark horses for
relegation. They've lost quality
players like Ashley Young and

Stewart Downing. Alex McLeish
needs to make a great start to
get the supporters on his side."

Merse on a key signing:

"Charles N'Zogbia will score and create goals – he's a decent replacement for Downing. But McLeish's men are still short in the wingers department!" Where they'll finish: 14th

ARSENAL

Players in: Gervinho (Lille), £10.7million; Carl Jenkinson (Charlton), £1million Money spent: £11.7million Last season: Premier League: 4th; Champions League: last 16; FA Cup: 6th round; Carling Cup: runners-up Did you know? Arsenal played their last game at Highbury in 2006, beating Wigan 4-2.

First three fixtures:

13th August: Newcastle (A); 20th August: Liverpool (H); 28th August: Man United (A) Merse says: "This is a massive make-or-break season for my old club. If they don't finish in the top four, there could be no way back for the Gunners."

Merse on a key signing:

"Gervinho was a top player for Lille and has done well for the Ivory Coast. He needs to hit the ground running to be a success." Where they'll finish: 4th







Tyrone Mears (both Burnley), £3million; Nigel Reo-Coker (Aston Villa), free; Darren Pratley (Swansea), free Money spent: £3million Last season: Premier League: 14th; FA Cup: semi-finals; Carling Cup: 3rd round Did you know? In the 2001-02 season, Bolton became the first team in the Premier League era to come from behind to win at Old Trafford when they triumphed 2-1.

First three fixtures:

13th August: QPR (A);
21st August: Man City (H);
27th August: Liverpool (A)

Merse says: "Bolton will be very
safe in mid-table this season –
Owen Coyle is a canny manager.
The Trotters need to hold on
to Gary Cahill, though – he's
a massive player for them."

Merse on a key signing:

"On a free transfer, Nigel Reo-Coker is an excellent addition. The ex-Villa man is a ball-winner and always full of energy!" Where they'll finish: 11th



Players in: David Goodwillie
(Dundee United),
£2.8million; Myles
Anderson (Aberdeen), free
Money spent: £2.8million
Last season: Premier League:
15th; FA Cup: 4th round;
Carling Cup: 3rd round
Did you know? Alan Shearer is
Rovers' record Premier League
goalscorer with 112 goals in
138 appearances.

First three fixtures:

13th August: Wolves (H); 20th August: Aston Villa (A); 27th August: Everton (H)



Merse says: "Blackburn are one of eight sides who could be relegated. More action in the transfer market is needed!"

Merse on a key signing: "David Goodwillie scored a lot of goals in the SPL, but can he replicate his success in the Premier League?

Where they'll finish: 16th

EVERTON

Players in: Eric Dier (Sporting Lisbon), loan

Money spent: £0

Last season: Premier League: 7th; FA Cup: 5th round; Carling

Cup: 3rd round

Did you know? Goodison Park, built in 1892, was the world's first complete purpose-built football ground.

First three fixtures:

13th August: Spurs (A); 20th August: QPR (H); 27th August: Blackburn (A)

Merse says: "If all their players are fit, Everton will give anyone a game, but they can struggle early on in the season. They really need a Nicklas Bendtner-type player to bang in the goals."

Merse on a key signing: "David

Moyes is a brilliant manager – he never buys big but his team always does well. That said, they're in need of investment."

Where they'll finish: 9th -



FULHAM

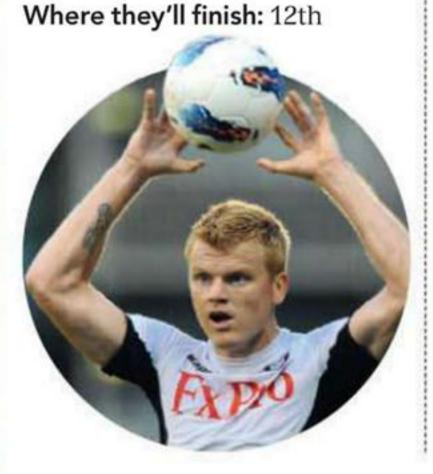
Players in: Pajtim Kasami (Palermo), £3.5million; John Arne Riise (Roma), £2.4million; Marcel Gecov (Slovan Liberec), £0.7million; Dan Burn (Darlington), Tom Donegan (Everton), both undisclosed Money spent: £6.6million Last season: Premier League: 8th; FA Cup: 5th round; Carling Cup: 3rd round Did you know? Fulham's record transfer fee is the £11.5million paid to Lyon for Steve Marlet. First three fixtures: 13th Aug: Villa (H); 20th Aug: Wolves (A);

knackered by Christmas!" Merse on a key signing: "Riise's experience will benefit Fulham."

27th Aug: Newcastle (A)

League will leave them

Merse says: "The Europa





Players in: Sergio Aguero (Atletico Madrid), £38million; Gael Clichy (Arsenal), £7million; Stefan Savic (Partizan Belgrade), £6million Money spent: £51million Last season: Premier League: 3rd; Europa League: last 16; FA Cup: winners; Carling Cup: 3rd round Did you know? In 2007 under

Sven-Göran Eriksson, Man City set a club record of nine consecutive home league wins.

First three fixtures:

15th August: Swansea (H); 21st August: Bolton (A); 28th August: Spurs (A) Merse says: "It's now a gimmie that City will finish in the top

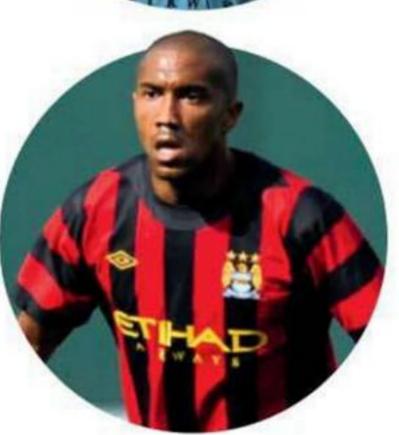
four. With the squad and the cash they have at their disposal, I think they'll replace Arsenal as the third team in England. I can't see Roberto Mancini's side winning the title this season, though - they play far too defensively, especially away from home."

Merse on a key signing:

"Sergio Aguero is a cracking player but he's no replacement for Carlos Tevez. It's all down to how the Argentine settles. If he starts banging in the goals early doors, the rest of the Premier League had better watch out!"

Where they'll finish: 3rd











M A N C H E S T E R U N I T E D

Players in: David de Gea
(Atletico Madrid), £17million;
Ashley Young (Aston Villa),
£15million; Phil Jones
(Blackburn), £16million
Money spent: £48million
Last season: Premier
League: winners; Champions
League: runners-up; FA Cup:
semi-finals; Carling Cup:
quarter-finals

Did you know? Man United's fastest Premier League goal

was scored by Ryan Giggs after just 15 seconds against Southampton in 1995. First three fixtures:

14th August: West Brom (A); 22nd August: Spurs (H); 28th August: Arsenal (H)

Merse says: "They have so much pace up front it's scary." Merse on a key signing:

"Young will cause havoc with his trickery and service." Where they'll finish: 1st





NEWCASTLEUNITED

Players in: Yohan Cabeye (Lille), £4.3million; Mehdi Abeid (Lens), free; Demba Ba (West Ham), free; Sylvan Marveaux (Rennes), free

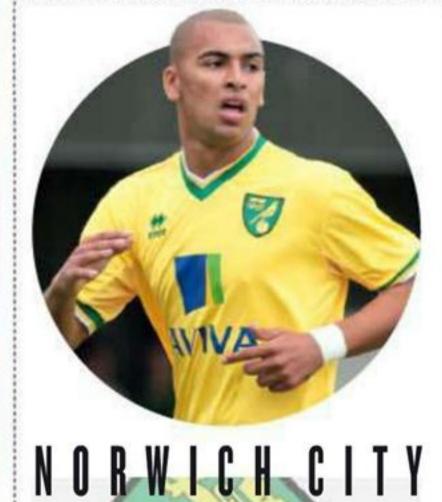
Money spent: £4.3million Last season: Premier League: 12th; FA Cup: 3rd round; Carling Cup: 4th round Did you know? Newcastle United played in red and white stripes until 1904. First three fixtures:

13th August: Arsenal (H); 20th August: Sunderland (A); 27th August: Fulham (H) Merse says: "I think their hom

Merse says: "I think their home form will see them through."

Merse on a key signing: "Ba has real power and pace, but Joey
Barton going for free is mental!"

Where they'll finish: 10th



Players in: James Vaughan (Everton), £2.5m; Steve Morison (Millwall), £2.8m; Eliott Bennett (Brighton), £1.5m; Anthony Pilkington (Huddersfield), £1m; Bradley Johnson (Leeds), free Money spent: £7.8m

Last season: Championship: runners-up; FA Cup: 3rd round; Carling Cup: 2nd round

Did you know? Norwich fans created the first football chant. First three fixtures: 13th Aug:

Wigan (A); 20th Aug: Stoke (H); 27th Aug: Chelsea (A)

Merse says: "It could be a very long season for the Canaries."

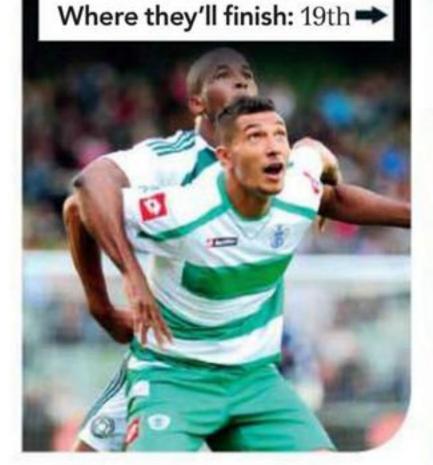
Merse on a key signing: "James

Vaughan can score goals."
Where they'll finish: 18th



Players in: DJ Campbell (Blackpool), £1.25million; Danny Gabbidon, Kieron Dyer (West Ham), free; Jay Bothroyd (Cardiff), free Money spent: £1.25m Last season:

Championship: winners;
FA Cup: 3rd round;
Carling Cup: 1st round
Did you know? First English
club to install a plastic pitch.
First three fixtures: Bolton
(H); Everton (A); Wigan (A)
Merse says: "Relegation."
Merse on a key signing:
"Jay Bothroyd doesn't fill
me with confidence."





Players in: Connor Wickham (Inquise), CO Amillion, Croise

(Ipswich), £8.1million; Craig Gardner (Birmingham), £5million; John O'Shea, Wes Brown (both Man United), £5million; Keiren Westwood (Coventry), free; Sebastian Larsson (Birmingham), free; David Vaughan (Blackpool), free Money spent: £18.1million Last season: Premier League: 10th; FA Cup: 3rd round; Carling Cup: 3rd round Did you know? The most Sunderland have ever paid for a player is £13million (Asamoah Gyan from Rennes in 2010). First three fixtures: 13th August: Liverpool (A);

20th August: Newcastle (H); 27th August: Swansea (A) Merse says: "Lots of new signings at the Stadium of Light means they'll take time to gel. Steve Bruce has practically bought a new team! If they can cut out the mid-season dip of last year, I can see them finishing top half." Merse on a key signing: "Wes Brown and John O'Shea have big parts to play this season. If their experience can rub off on the younger players, they could be inspired signings. They've been coached by the best." Where they'll finish: 8th

S W A N S E A

(Watford), £3.5million; Steven Caulker (Spurs), loan; Jose Moreira (Benfica), undisclosed; Leroy Lita (Middlesbrough), £1.75million Money spent: £5.25million Last season: Championship: 3rd (promoted via the play-offs); FA Cup: 4th round; Carling Cup: 4th round Did you know? Swansea are the first Welsh team to play in the Premier League! First three fixtures: 15th August: Man City (A); 20th August: Wigan (H); 27th August: Sunderland (H) Merse says: "I'm sorry to say

Players in: Danny Graham

your team finishing bottom of the table this season. They'll struggle to score goals and will find it tough keeping them out at the other end. They could be this season's Blackpool and surprise everyone, but I really can't see it happening."

Merse on a key signing:

"Once again, one of the Premier League new boys have signed a Championship striker who's untested in the top flight. Danny Graham did well for Watford last season but these teams need an experienced striker who's proven he can score goals at the highest level."

Where they'll finish: 20th





it, Swansea fans, but I can see

STOKECITY

Players in: Jonathan Woodgate (Spurs), free Money spent: £0

Last season: Premier League: 13th; FA Cup: finalists; Carling Cup: 4th round

Did you know? Stoke are the second oldest club in the world after Notts County.

First three fixtures:

14th August: Chelsea (H); 20th August: Norwich (A); 27th August: West Brom (A) Merse says: "If they can cut out the losing runs they have a habit of going on, this season could be their best yet. They're a contender for a Europa League spot."

Merse on a key signing:

"Woodgate is a superb no-risk signing. He was free and, with luck, Tony Pulis could get 25 games out of him this season." Where they'll finish: 7th



Players in: Brad Friedel
(Aston Villa), free; Cristian
Ceballos (Barcelona), free;
Souleymane Coulibaly
(Siena), undisclosed
Money spent: £0
Last season: Premier League:

5th; Champions League: quarter-finals; FA Cup: 4th round; Carling Cup: 3rd round

Did you know? Spurs' proposed new stadium will

have a capacity of 56,000.

First three fixtures: 13th
August: Everton (H); 22nd
August: Man United (A);
28th August: Man City (H)
Merse says: "Spurs' season
depends on whether they can
hold on to Luka Modric. They
need a decent striker, too."

Merse on a key signing: "Friedel is an improvement on Heurelho Gomes."

Where they'll finish: 6th

WIGAN

Players in: Ali Al Habsi (Bolton) £4million; David Jones (Wolves), free Money spent: £4million Last season: Premier League: 16th; FA Cup: 4th round; Carling Cup: quarter-finals Did you know? Wigan were formed in 1932 but didn't achieve League status until the 1978/79 season, when they finished 6th in the old Fourth Division.

First three fixtures:

13th August: Norwich (H); 20th August: Swansea (A); 27th August: QPR (H)

Merse says: "Wigan will stay up - just. It's great for the club that Roberto Martinez turned down Aston Villa. Dave Whelan is a top man and always supports his managers. However, the loss of Charles N'Zogbia is a massive problem - he scored a lot of key goals for Wigan last season."

Merse on a key signing:

"Ali Al Habsi is a good goalie and a keeper that will save Wigan points. However, Martinez desperately needs some more players in - and fast. He should exploit the loan market and get in some real quality."

Where they'll finish: 17th







Players in: Zoltan Gera (Fulham), free; Gareth McAuley (Ipswich), free; Billy Jones (Preston), free Money spent: £0 Last season: Premier League:

11th; FA Cup: 3rd round; Carling Cup: 5th round Did you know? The Hawthorns is the highest of all the 92 Premier League and

Football League grounds. First three fixtures: 14th

August: Man United (H); 20th August: Chelsea (A); 27th August: Stoke (H) Merse says: "Roy Hodgson has done wonders at WBA and I expect the Baggies to stay up fairly comfortably." Merse on a key signing: "Zoltan Gera is at home in a West Brom shirt and has a knack of scoring important goals. He's a good addition." Where they'll finish: 15th



WOLVES

Players in: Roger Johnson (Birmingham), £7million; Jamie O'Hara (Spurs), £5million; Dorus de Vries (Swansea), free Money spent: £12million Last season: Premier League:

17th; FA Cup: 4th round; Carling Cup: 4th round Did you know? The club was

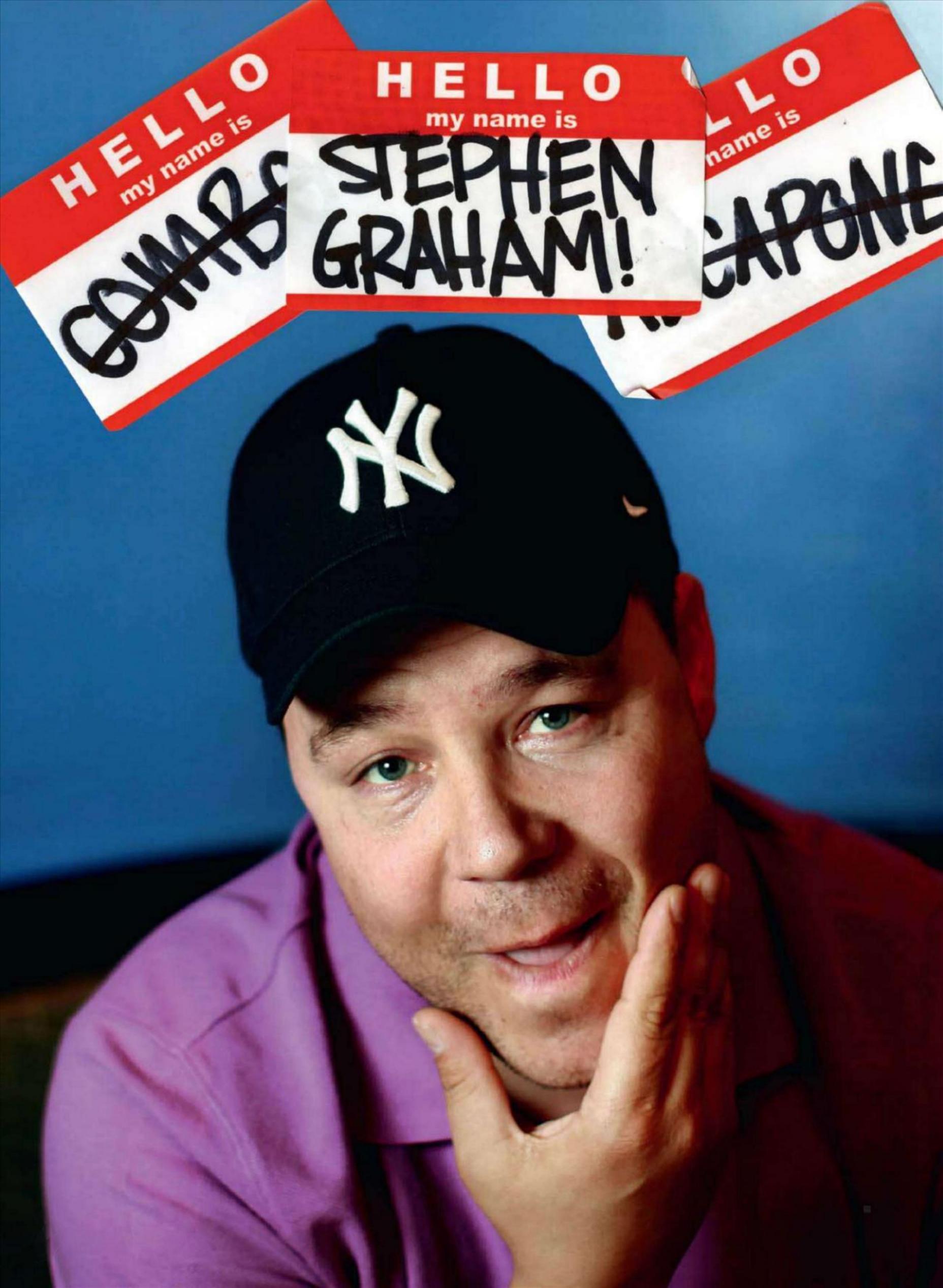
formed as St Lukes FC in 1877, then merged with a local cricket club two years later and became known as Wolverhampton Wanderers!

First three fixtures: 13th August: Blackburn (A);

20th August: Fulham (H); 27th August: Aston Villa (A) Merse says: "After the final-day drama of last season, I think Wolves will do OK this time. They have the experience of being in a dogfight and they've spent well with O'Hara and Johnson. If Doyle can stay fit, it'll also make a big difference. Mick McCarthy is a good manager and players want to play for him."

Merse on a key signing: "Roger Johnson is a good centre-half and he'll do well for Wolves, who often defend deep. But he isn't the fastest player, so balls over the top could see him struggling."

Where they'll finish: 13th ■



The top actor on Liverpool FC and being Al Capone!

i Stephen! You play Al Capone in Martin Scorsese's telly epic Boardwalk Empire. What can we expect from the second series? It starts where the first series left off, with Capone maturing as a gangster and realising that if he wants it he can take it. But there's a focus on a lot of new characters in season two, building up the back story before my character's centre stage in season three. There's loads more action to come! Tell us about your new film

Tinker Tailor Soldier Spy. I've said before that it was an honour being in Coronation Street, but this was like being asked to play footy for England! It's an adaptation of a famous John Le Carré spy novel that was a big deal on telly when I was a kid. The cast is amazing. I'm playing alongside Gary Oldman, Tom Hardy [Batman villain Bane in The Dark Knight Rises], John Hurt and Benedict Cumberbatch [from top BBC show Sherlock]. And they let me use my Scouse accent! When you're in the US, does your Scouse accent confuse people? Yeah, especially if I've spent time in Liverpool before flying out. Then the Yanks are like, "Excuse me?" So I have to remember to slow it down a bit. But New

They talk dead fast.

Are there any films you passed on that went on to be massive? Because I was working on Pirates Of The Caribbean 4, I wasn't available for Steven Spielberg's next film, War Horse. I got a big break working on Band Of Brothers so I was gutted to have to turn him down... me, turning down Spielberg!

Yorkers are like Scousers.

Before you got into acting, what's the worst job you've ever had? I worked with my uncles on a building site that made me grow up a bit. I got asked to go and buy some tartan paint! I even got suckered into asking for a glass hammer! And I worked at TGI Friday's for a couple of months, but I got the sack because I wouldn't clean up sick. Thankfully, acting worked out! What's the maddest thing you've done to get a part? I was after the role of Baby Face Nelson in Public Enemies [with Johnny Depp and Christian Bale], so I got my missus to film me pretending to rob a bank with my son's plastic golf club. The first thing the director, Michael Mann, said was that he really liked my audition tape. I thought he was taking the p*ss!

You're now good mates with Depp and Leonardo DiCaprio. What do you guys get up to when you hang out on set? We play a bit of PlayStation... I got Leo into playing Fifa but he's no good. I always win!

Are there any more TV series planned for This Is England?

Yeah, Shane Meadows has filmed a one-off special. This Is England '88 is gonna be on Channel 4 over Christmas and concentrates on the relationship between Woody and Lol. Combo's still in prison, so I'm only in one scene. He went down for manslaughter but he doesn't do the full stretch, so when the story develops into the early days of acid house and Italia '90, I'll be back for This Is England '90. Shane's working on it now and it should be on TV next year.

Tell us a bit about the Philips event you're involved with. I'm involved with the likes of Blur's Alex James and Olympic athlete Phillips Idowu with the launch of the new Philips grooming range. Every man needs to shave! I'm being interviewed by Soccer AM's Max Rushden, so if Nuts readers fancy getting involved, check out the Philips group on Facebook. You're a big Liverpool fan. Do you get down to Anfield much? As often as I can. I was lucky last season because I've got a friend who knows Jamie Carragher and I got to meet Steven Gerrard. I'll be honest with you, I was more nervous meeting Gerrard than I was the first time I met Johnny Depp! If you had to choose, would it be winning an Oscar or Liverpool winning the Premier League? Premier League all day long! Some duds have won an Oscar in the past and good luck to them, but I'd rather sacrifice my personal glory for the team! Who should Kenny Dalglish sign before the transfer window closes? I think we've got a great squad for the new season. With Kenny building a nucleus of British players at the club, I think [Stewart] Downing and [Charlie] Adam were great signings. What I'm glad to see, though, is Kenny bringing the young players through. [John] Flanagan really impressed me at right-back last season.

Stephen Graham features in Philips AquaTouch Brings You Closer To – a series of live interviews with sports, film and music icons. For your chance to meet Stephen and see his live interview, go to facebook.com/philipscloserto

In one of his first games he

had to mark Theo Walcott,

but he had him in his back

[Martin] Kelly being given

a chance to show what they

can do, the future's bright!

pocket! And with players like







SEXIEST NEW BABES 2011!



All-new girls! All-new boobs! Gents, enjoy!

veryone knows new things are fun and exciting, like when your team's new kit is released (unless you're a Liverpool fan, of course. Blue on a Liverpool shirt? Ridiculous!), or when you discover bold new pizza toppings. But new Nuts girls? That's like a whole new level of thrillingness! And who better to unveil our sexy new stars than the booberific Holly Peers - in the very magazine where she herself started out! So sit back, relax and enjoy her newbie nude babes of 2011! →



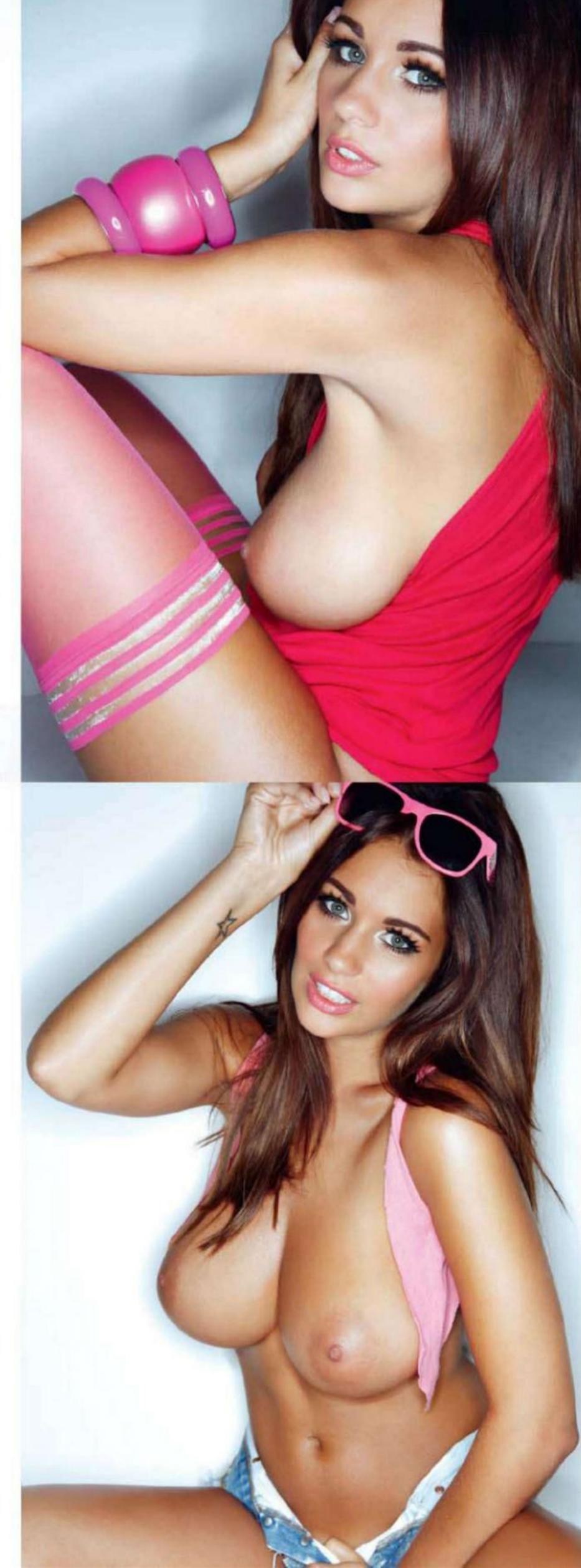




i Holly! You're introducing some sexy new girls today. What does it take to be a Nuts girl? I love doing new shoots like this! It's been really cool, because everyone's outgoing and fun to be with! On most girl shoots we like to keep each other entertained by messing about and grabbing each other's boobs, so you've got to be a bit open-minded! Blimey! Any other advice? Just be yourself. You can be the sexiest girl in the world but it's all about having a nice personality, too, as that's what comes through in the pictures. Luckily, all the girls today are super-nice and have great boobs!

Finally, when was the last time you did something really silly?
It was when you made me "plank" around London! It was hilarious, but terrifying at the same time. It was crazy! During one's in competition with anyone else. We're all really good mates!

woman using only bits from the girls on today's shoot, what would you choose from who? Bloody hell, that's tough! Beth's stunning and has amazing hair, Kiera has beautiful eyes... and Danielle has really nice boobs! I've yet to see everyone together, though, so there'll be more assets to follow. Ha! What's the best thing you've done recently? I went to America! You know the Hot Shots calendar that was in Nuts a couple of weeks ago? It was for that. Just lots of nakedness, and drinking and shooting guns. And all for a good cause! It doesn't get any better than that! Thanks for the chat, Holly. Finally, when was the last time you did something really silly? It was when you made me "plank" around London! It was hilarious, but terrifying at the same time. It was crazy! During one photo, I fell off a fence!





















HITTING THE SWEET SPOT, EVERY WEEK

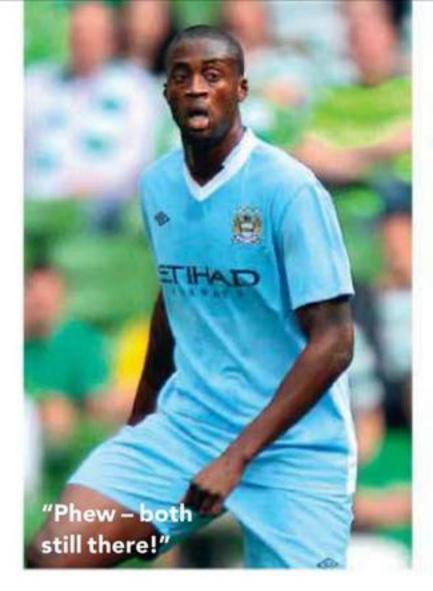
BECKS! funited for thetitemo

United wingers old and new on the title race!

Becks on United...

"I've always thought that United are the best club in the world and I've got no reason to change my mind. The manager demands total commitment and, no matter how talented you are, if you don't show the right kind of desire, you don't last long. Sir Alex is great at bringing the right kind of people in and with the current mix of youth and experience, it's my old club for the title, no question." Key man: "Wayne Rooney. I can see this being a big season for Wayne - he's the complete package."





Becks on Man City...

"What's gone on at City is a fairy tale for their fans, absolutely brilliant. They've supported their team through thick and thin – so good luck to them! With their financial backing, City have to be taken very seriously. They have the potential to challenge, no doubt about it. I just have to tip United because of their experience of winning things."

Key man: "Yaya Toure.

A powerhouse in midfield and underrated going forward."

Becks on Liverpool...

"It's been a long time since
Liverpool have won the title
– incredible when you think
about their dominance in
the '80s! This season they've
spent serious money and are
looking to push for the league.
I honestly think that's great for
English football because we

need a strong Liverpool challenging. With a total legend like Kenny Dalglish in charge they must be taken seriously but, hopefully, it'll be a season or so too soon!"

Key man: "Steven Gerrard.

Liverpool are a different team when he's fit."



"Where's my Zimmer frame?" **RNISUNG** LAMPARD!

Becks on Chelsea...

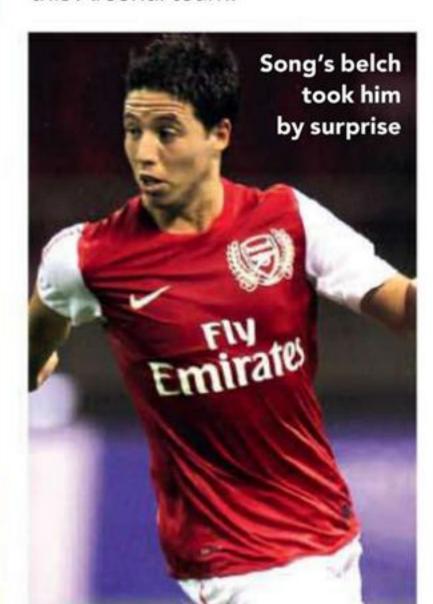
"Chelsea have been like a machine over the last few seasons. They keep churning out result after result – winning is a habit. I know all about the qualities of the likes of John Terry and Frank Lampard and there's no chance of them ever taking their foot off the pedal. You'd be stupid to write off Chelsea in any competition, no matter who their manager is." **Key man:** "Frank Lampard. He's the best goalscoring

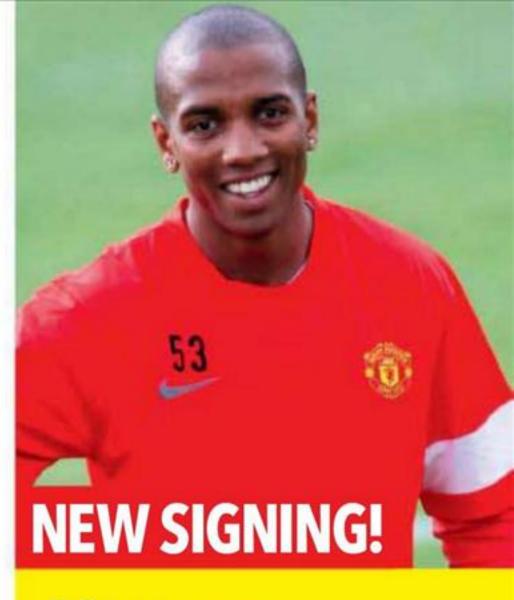
midfielder in the league."

Becks on Arsenal...

"I've got a lot of time for Arsene Wenger and what he's achieved at Arsenal. I've seen at close hand what drives him on – his philosophy about football is brilliant, so the criticism he gets is unfair. But although Arsenal play outstanding football, I think they'll fall a bit short again."

Key man: "Samir Nasri. He's emerged as the real spark of this Arsenal team."





Young: 'I can't stop smiling!'

i Ashley! Have you got used to being a United player yet? It's still a bit strange! This is a club every footballer wants to play for, so to get the opportunity is fantastic. When the call came, there wasn't a lot of thinking to do and now I can't stop smiling! Wasn't it a hard decision to leave Aston Villa? I'll always be grateful to Villa. They took a chance on me and I owe them a lot. It's a great club. I've got a lot of good friends there so I want them to do well. But when you get a call from Man United, you can't turn it down!

It's a big step up, though...
I've always believed I could
perform at the highest level.
Whether it's United or
England, I think I can show
that I've got what it takes.
I know I can make an impact.
What's Fergie like to work
for? The boss has been great.
I know I'll have to fight for my
place, but I'm looking forward
to proving I'm good enough
to wear the shirt and become

Can United retain the title?
Absolutely. The quality is amazing. You've got people like Rio Ferdinand and Ryan Giggs, who've won it all but are still as hungry as ever.
That attitude runs through the club – they always look forward to the next challenge. I can't wait to be part of that!



NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

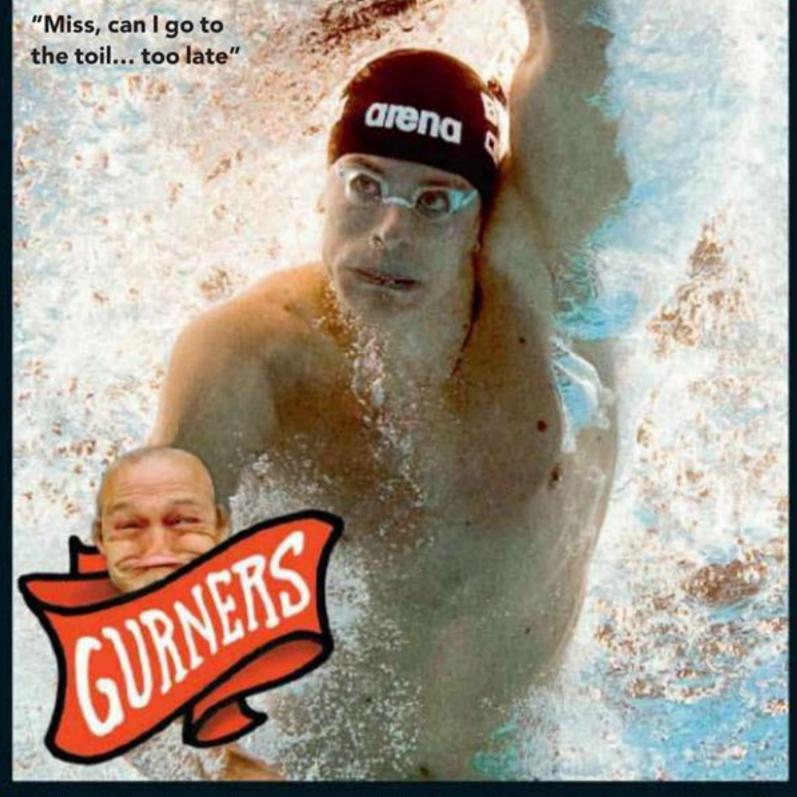
Send pics, chants etc to tim_burnett@ipcmedia.com







Kevin Pietersen is usually pretty good at hitting cricket balls really far. Not this time, though. It's all well and good being protected around the head, but is there enough protection down there?



What is it with swimmers and daft faces? Brazil's Cesar Cielo Filho is the latest bloke to look like a berk in the pool, pulling this cracker during the 50-metre freestyle at the FINA World Championships!



Fernando Torres has been rubbish for Chelsea since his £50million move from Liverpool. These fans still love him, though. With that disguise, they should get on the pitch. They might actually score!



he Joey Barton situation is an odd one. He's had his share of troubles in the past and been a bad boy at some of his clubs. However, at Newcastle, he seemed to have settled down after a rocky start, and the fans even grew to love him.

Maybe Joey should've kept his mouth shut!

Now, after Barton made cutting comments about his club on Twitter, the owner and manager are letting him go on a free transfer. It's a brave decision to let a quality player go for nothing, and the fact that Arsenal and Spurs are interested proves Barton's pedigree. For Newcastle to replace their midfield dynamo, it'll cost money - a lot of it!

However, at the end of the day, it's the clubs that pay footballers' wages and they

should be shown some respect. Newcastle have spent millions of pounds on Barton over the past few years and are entitled to run their business how they see fit.

With no disrespect to them, it's unlikely they'll challenge for the title this season but I'm sure they'll avoid the drop, so maybe Joey should've kept his mouth shut. If I slagged off my Sky Sports bosses online, I'd be given the boot the very next day!

International breaks really wind me up!

I can't wait for the new football season. A lot of the top clubs have spent mega-money as usual but in many ways, I think the relegation battle will be more exciting than the title race.

One thing that's always annoyed me is why we have an international break a week into the new season. Players are trying to get match fit and prove themselves. Managers are finalising their tactics and bedding in new signings, then they lose their entire squad for a week. It seems mental!

Obviously, weeks need to be put aside for international games, but why can't it be done at a better time? One that isn't so crucial in the domestic calendar!



Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

eal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big - and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory - click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!





GET UP TO £200 FREE PLAY* ON DEAL OR NO DEAL! SIGN UP TODAY AND ENTER PROMO CODE NUTSC32

UTSGAMES.

CASINO GAMES SCRATCH CARDS BINGO

Nuts EXCLUSIVE!

Parker: 'I'm in my best form!'

The midfield ace speaks ahead of England vs the Netherlands

to suddenly be seen as a must-start for England? That's really nice for people to say, but I've only just got myself back involved! I do feel more positive and more confident about my role in the squad, though. I'd always been on the fringes, so to feel more important is fantastic for me.

Do you feel like a proper England player now? Yeah, I do. For me, it was about taking my chance when it finally came and playing well. When you do that, you feel more confident and that feeds into you playing better the next time. I'm not complacent – there are so many brilliant midfielders in England – but I'm in a good place at the moment.

What do you put your emergence down to? I just think I've become a better player. Maybe there's a bit of luck, too. As I've got older, I've started to understand my strengths and weaknesses, and worked to them. My game isn't about being flash or trying to hit 30-yard passes. I know what I can and can't do, and just focus on the stuff I can do well.

So what are your strengths?

I can read the game – hopefully!

– close down the opposition, get
the ball and get it to the more
creative players. The hardest
thing in football is providing
the killer pass and scoring goals.
What I do is relatively easy!

What do you make of your England midfield partner, Jack Wilshere? He's a different class, a terrific talent. His vision and ability to see a pass are fantastic. He'll be a big part of England's future for many years to come. And Fabio Capello? Look at his record and that says it all. He's an amazing manager and all the players are right behind him. You were signed by Chelsea, but you ended up having a rubbish time. Did you ever worry that you weren't up to the mark? I always had faith in my ability. I've always been about working hard and taking on whatever challenges are in front of me. Of course, it was disappointing but I learned from that experience and, hopefully, I've shown since that I'm an OK professional footballer. In an era of multi-millionaire players, you seem like a downto-earth bloke? I know how lucky I am to be doing what I do. I didn't come from money and

players, you seem like a down-to-earth bloke? I know how lucky I am to be doing what I do. I didn't come from money and it's not about that now – being comfortable is amazing but I just love playing football. I've had my ups and downs, so I'm enjoying this period more because of that, too.

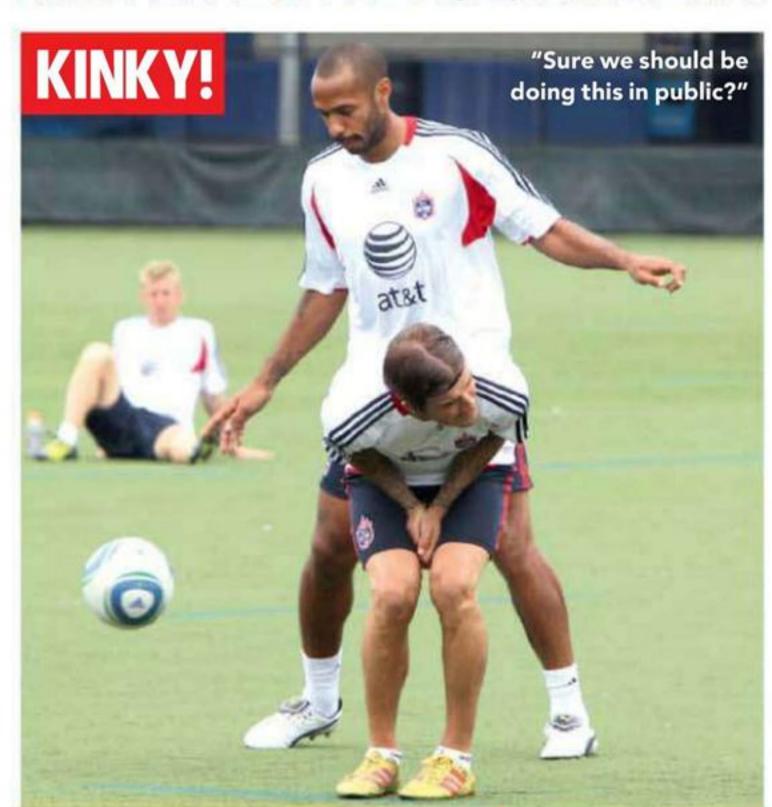
Thanks for the chat, Scott. Finally, what does it mean to wear that England shirt?

Every kid wants to play for their country and I'm the same. It's a massive honour and something I'll never take for granted.





MAN-LYVE CORNER!







let's get them off!"



QUOTE MEONTHAT!

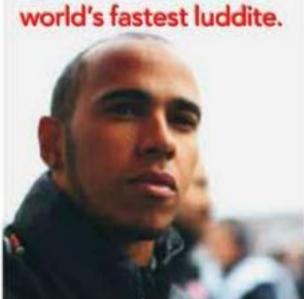
This week's biggest match debaters!

"Lineker, me and Hansen are three tarts together"

Match Of The Day slapper, Mark Lawrenson.

"I've never been able to find the record button on Sky. I never knew you could press a red button. I'm not really up to date"

Lewis Hamilton - the



"I hope I get free chicken for life now"

Michel Salgado's reward for filming the world's worst chicken ad.

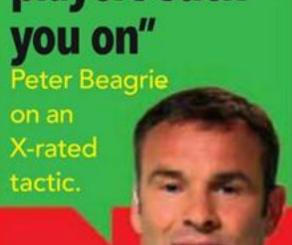


"I need some big, strong, horrible lumps in here" Blackpool's Ian Holloway needs bruisers.



"It's all about being consistent. But doing it every week"

That's usually what consistent means, Michael Carrick.



"Katherine Jenkins often comes with her mother"

Sue Barker reveals too much.

"The Brighton players will be riding on the back of **Gus Poyet**"

"When Harry Redknapp first came, Modric

was a fish up a tree"
Paul Merson on the legless Spurs man.

"That delivery wasn't even a pie. It was a flan" Cricket commentator Phil Tufnell makes a meal of it.

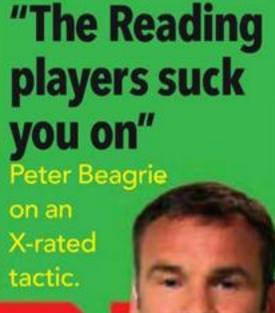
"Portsmouth get 17,000 fans every week. They can't get any more, although sometimes they get 19,000" Something about Paul Merson doesn't add up.

"What it is, it was. Does that make any sense?"
Er, no, Dimitar Berbatov.

Barca have got four or five of the best players in the world. Name the ten best players and Barca have got five or six"

Make your mind up, Steven Gerrard.

'OO-ER SOUNDS A BIT RUDE' CORNER!



Mark McGhee on a tight Seagulls team.







The life of a poker pro:

Scott's column this week: A Massive Poker Win!

Executive to pro poker player, Scott Shelley fills us in on his lifechanging story and massive poker win.

Scott speaks

On the surface, poker looks like a glamorous, mysterious game where wacky characters battle it out for huge amounts of moolah under studio lights. The people you see on TV are the superstars of the game who make a proper killing from their legendary skills.

So, normal blokes like us don't have a shot, right? Well, I'm living proof that we do! In September 2010, after a few years of recreational poker, I turned £100 into £133,000 and won one of the world's

I'm proof that normal blokes have a shot!"

most prestigious poker tournaments, the World Series of Poker Europe (WSOPE). It started with a game with ten colleagues at PKR.com. The winner got \$1,000 to buy a seat into the WSOPE. I took my spot at the Empire Casino in London's Leicester Square where I got to test my game against some of the greatest players from around the world, including internet phenom Tom Dwan and the legendary Phil Ivey.

Five long, crazy days later, I'd made it past 570 others to reach the final table. After four hours, it was me versus 2009 champion JP Kelly.

No one had ever won back-to-back WSOPE events and he fiercely wanted to win. But it was my day and with my friends, family and colleagues looking on, I achieved my dream of winning a major live poker tournament and a coveted WSOPE bracelet and the six-figure payday!

From being a huge poker fanatic working in the Customer Support team at PKR.com, I'm now a member of Team PKR Pro, PKR's group of rising young stars, travelling the world playing at live events. Keep your eyes peeled – I'll be talking about what life's like as a pro poker player over at Nuts.co.uk/poker. Be lucky, chaps!





BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN



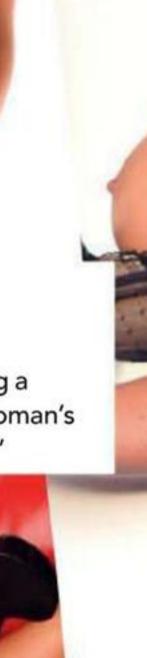
Zohra

22, Northampton, barmaid "I'd love a guy to take me to the beach and share a cone of chips with me!"



LUCY 26, Lincoln, barmaid

"I go clubbing wearing a naughty PVC policewoman's outfit with handcuffs!"





18, Essex, hairdresser

"I like a man to keep me on my toes... then I might show him my sexy Santa outfit!"



22, Derby, student

"I love underwear – but a guy could impress me by buying me my fave chocolate bar!"



The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, Nuts! REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:
Name: Adele
Age: 26
Boobs: 32C.
"I love 'em!"
Likes: "Funny,
loving boys!"
Ever kissed a girl?
"No!"
Strangest place
you've had sex?
"On the roof of

a car park!"

"Spank me!"

Sex tip:

Plymouth

Adele's busty tour of Plymouth

We're in the South West to meet another hottie!



Adele on... her home!

"I live on my own with my Chihuahua, Gizmo. There are loads of nice beaches and the nightlife's great but I'm quite a homely girl at heart!"

Adele on... sleeping!

"I like my bed so I don't do mornings! I've been told I hog the bed but I'm a big cuddler. I've no one to share with at the moment though. Any offers?"

Adele on... brunettes!

"I've always been a natural brunette! I've never been blonde and don't think I ever will be. Brunettes are way more fun and mysterious!"

Adele on... chilling out!

"I love to chill out with a nice takeaway, a bottle of wine and a movie. I really love chick flicks but we could watch a horror instead if you like!"



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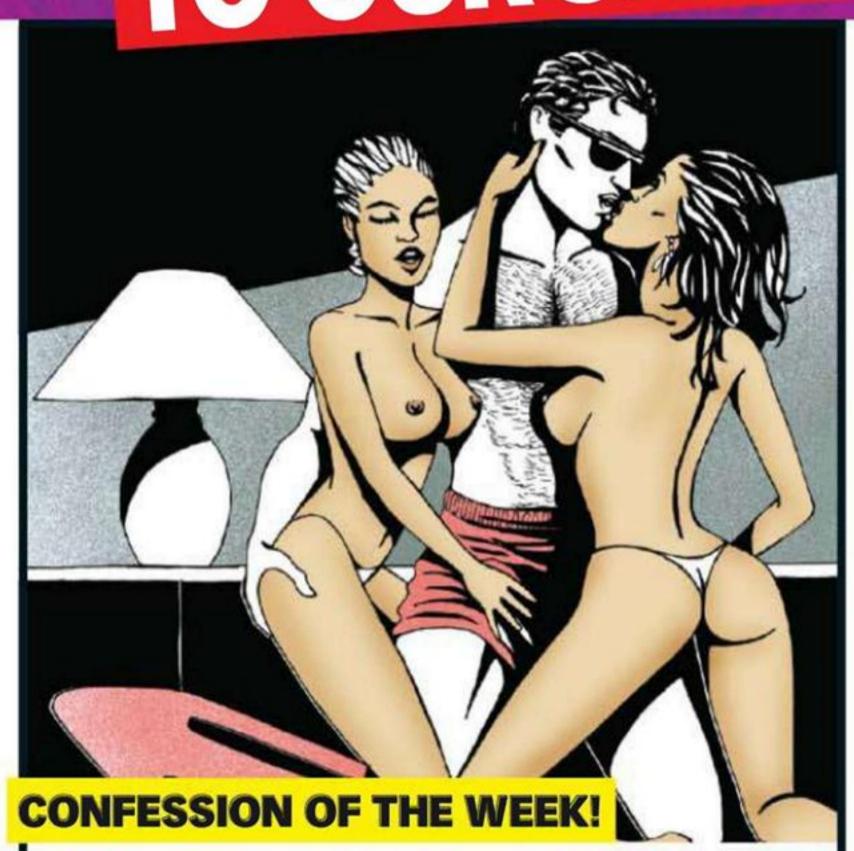
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BACK ISSUES For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356

CONFESSION TO OUR SECRETARY!

ad to wait 20 minutes. My | it for a minute or so un



'We stripped off our bikini tops'

I was on holiday with my best mate. While we were sunbathing, we noticed a lifeguard eyeing us up. To drive him wild, we stripped off our bikini tops and jumped into the pool. This got his attention, so we continued by sharing a kiss and rubbing boobs. My nipples were really hard and we were both turned on. The lifeguard came over and asked if we needed any assistance so we flashed him our room key. Upstairs, my mate took the guard's erection in her mouth while I snogged him. Then I straddled his face and he licked me until I screamed to orgasm. It was hours before he left. For the rest of the holiday, we shared sexy smiles around the pool. The thought still turns me on!

Vicky, via email

'He was on his knees in the lift'

My new man has recently moved into a plush penthouse in East London. On the moving day, we spent the whole time

taking things up and down to his new home using the mirrored lift. On about the tenth trip up, we went past one floor and there was a loud noise and we suddenly came to a stop. We buzzed the alarm and were told dived into the pool so we knew we had a few moments longer. I climbed onto his lap, pulled my bottoms to one side and guided him inside me. It was so steamy we couldn't see anything in front of us. We managed to go at

we had to wait 20 minutes. My boyfriend gave me a grin and a saucy look. Within a few minutes, I had my skirt hitched up and he was on his knees giving me oral sex. I was so turned on by our quickie and also secretly hoped some guy somewhere was watching us on CCTV. I begged him to enter me and soon I had my legs around him while he rocked me up and down on his erection.

Hattie, via email

'Steamy session in steam room'

My boyfriend came home from work one day recently and was feeling restless. After a while, he suggested we should go to his gym and chill out. The first thing we did was get into the swimming pool. He started to kiss my neck and I got instantly flushed. He pushed me up against the edge of the pool, pulled my bikini top down and started sucking my wet boobs. He stuck his fingers deep inside me while I rubbed his manhood under the water. I felt really horny and wanted him inside me. So he took me into the steam room, sat me down and licked me until I couldn't take any more. We were soon interrupted and heard people coming. They dived into the pool so we knew we had a few moments longer. I climbed onto his lap, pulled my bottoms to one side and guided him inside me. It was so steamy we couldn't see anything in

it for a minute or so until the door opened. Thankfully, it was so dark and steamy that we didn't get spotted in the act!

Lauren, Norwich

'He pulled on my wet hair'

My boyfriend and I recently took a trip to our local swimming pool. As there were only a few people there, we started flirting and playing with each other. As he was kissing my neck and groping my boobs, I noticed that we were being watched, which turned me on even more! Later, in the changing rooms, I noticed that his penis was still rock hard so I went down on my knees and sucked his erection while he pulled on my wet hair. After a while he stood me up, bent me over and started banging me senseless. As I struggled to stay quiet I could hear footsteps coming towards our cubical. I couldn't help but scream as he pounded harder and faster until we both climaxed. I burned off a few calories that afternoon one way or another!

Alex, via email

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on page 72. The best one each week* wins £50!

Come on, girls!

Nuts FASHON

Smarten up your office attire with this top clobber!

PHOTOS: JIM LINCOLN

PHOTOS: JIM LINCOLN 10 WORK JEFF BANKS £32 Ditch the standard stripes and try a bit of paisley! A SUIT THAT shirts FITS FROM £70 Pick your fit and fabric with this custom shirt. **DUFFER BY** ST GEORGE £28 Great collar and cuff contrast on this shirt. TM LEWIN £75 LAMBRETTA £35 A quality blue shirt A great bit of pink will always get the gingham from Lambretta. job done.





FROM DUST XBOX LIVE ARCADE



Downloadable God sim has you as an omniscient

almighty being doing your darndest to save a planet of, well, impossibly stupid berks. You aid their progress by controlling resources (sand, water, lava) to safely guide them through various natural disaster areas in an easy-to-pick-up game. Your subjects' stupidity will often have you chomping your controller, though. ***





Top-down racer
sees you making your
getaway from a bank
job. Hitting jumps and
power-ups helps you
avoid the chasing
rozzers. Diverting! ***



ONE EPIC GAME PLAYSTATION NETWORK



Frantic, 2D, sidescrolling platformer adds zombies/aliens/ World War Two/

everything into the mix to see what sticks. The incredible diversity keeps you hooked. ***

APPS!



FANTASY ITEAM



Corking fantasy football app, featuring minileagues you can set up with your

pals, head-to-heads with other teams as well as live scores and results. Brilliant! ****

GROUPON





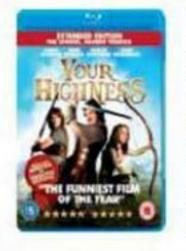
Save loads of cash with daily deals including restaurants, hotels and

shopping from your nearest city. Ace for treating yourself or the missus. ****

DVDS/BLU-RAY! The dialogue for the film was heavily improvised

YOUR HIGHNESS DVD &

DVD & BLU-RAY CERT 15



Thigh-slappingly silly fun starring Danny McBride (Eastbound And Down) as mulletadorning slacker Prince Thadeous,

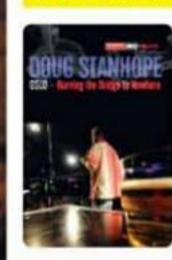
who's forced to help his perfect brother Prince Fabious (James Franco) battle an evil wizard. With appearances from Natalie Portman and *Nuts'* very own Eva, this is easy on the eye as well as packed with top gags! ***

SUCKER PUNCH DVD & BLU-RAY CERT 12



Any film involving hotties like Emily Browning and Abbie Cornish battling robots and dragons is fine by us. This is that film. ***

DOUG STANHOPE: OSLO



The brilliant US
stand-up performs
live in Oslo, with
a set that takes in
Susan Boyle, kitten
owners and US
citizens. ****

UNITED DVD CERT 12



of Matt Busby's
(Dougray Scott)
legendary Man
United team and the
plane crash that tore
the club apart. **

MUSIC!



VARIOUS ARTISTS
HED KANDI: IBIZA 2011



The superclub presents its annual roundup of summer's Balearic hits –

Joey Negro, Bob Sinclair, DJ Fresh, Calvin Harris... ★★★

JAY Z AND KANYE WEST WATCH THE THRONE



The rap stars link up, get in production maestro Swizz Beatz and even

"feature" dead soul legend Otis Redding! ***



THE DEVIL'S DOUBLE CERT 12A

Brit actor Dominic Cooper plays a blinder in this dark and twisting thriller following the true story of Latif Yahia, who was forced to become the body double for Saddam Hussein's son. The great thing about this flick? Besides

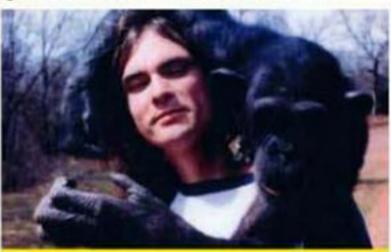
a tonne of action, torture scenes and lookey-likey surgery scares, it's Cooper pulling double-duty to play Latif and the former Iraq dictator's sadistic son Uday Hussein – and doing it brilliantly! Keep an eye on this fella... ★★★★





ELITE SQUAD 2 CERT 15

Totally nails follow-up to the 2008 thriller about gangs vs cops warfare in Brazil's favelas. Chaos, guns and car chases! ★★★★



PROJECT NIM

More monkey business with an ace documentary about a '70s science project to raise a chimp like a human! ★★★★



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NUES

Arriving in the box to score every time!

Nuts! 7-DAY TV LISTINGS GUIDE!





Reeves and Mortimer!



FRIDAY 12 AUGUST



The Rob Brydon Show BBC2, 10pm

CHAT The Welsh comic is joined by Ronnie Wood, Mick Hucknall and The IT Crowd's Chris O'Dowd. ***



Dexter FX/HD, 10pm

Debs uncovers
in the barrel girls case, and Debs uncovers new evidence Quinn finally reveals his suspicions about Dexter being the Trinity Killer. Meanwhile,

Dex duffs up some bloke. Brutal! ****



TODAY'S

MUST-SEE

TV PICKS!

Chris Moyles' Quiz Night Channel 4, 10.35pm

Joining the Moyler are Dermot O'Leary, Barbara Windsor and ace comedian Micky Flanagan. ★★★★

one

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? (R) 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 Nigel Slater's Simple Suppers 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Coast (R) 11.40 The Fast Lady: Comedy starring Stanley Baxter and James Robertson. 1.15pm Diagnosis Murder (R) 2.00 Wanted Down Under (R) 3.00 Weakest Link (R) 3.45 Antiques Road Trip (R) 4.30 Flog It! (R) 5.15 The Hairy Bikers' Food Tour of Britain (R) 6.00 Eggheads (R) 6.30 Celebrity Eggheads (R)

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Let's Do Lunch with Gino & Mel 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Dickinson's Real Deal (R) 4.00 Rosemary & Thyme (R) 5.00 The Chase (R) 6.00 Regional News,

7.20am According to Jim 7.45 T4: Friends (R) 8.45 90210 9.40 Example's Postcard from T4 on the Beach 9.55 Gaga's Monsters (R) 10.50 Friends (R) 12.05pm SPORT Channel 4 Presents - Hannah Cockroft 2012 (R) 12.10 A Place in the Sun: Home or Away (R) 1.15 FILM Carry On Spying 3.00 Come Dine with Me Extra Portions (R) 4.00 Deal or No Deal (R) 5.00 Come Dine with Me Extra Portions (R) 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Meerkat Manor (R) 1.45 Neighbours 2.15 CSI: Miami (R) 3.15 TILM The Nanny Express: Family drama starring Vanessa Marcil. 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Meerkat Manor (R) 6.25 OK! TV 6.55 5 News at 7

7.00 The One Show

7.30 The Good Cook Dishes include potato soup with sour cream and chives. We'll stick to pizza and chips, thanks.

8.00 EastEnders

8.30 A Question of Sport An Olympic-themed edition of the wishy-washy sports quiz. (R)

9.00 My Family

9.30 Miranda

The joke shop owner tries to do something for a good cause. Why not do something for your very own good cause and switch over now? (R)

10.00 News, Weather

10.35 John Bishop's **Britain**

The top Liverpudlian comic talks about British grub. (R)

11.05 My Favourite Joke

Gags from Steve Martin, Victoria Wood, Dick Emery and Dave Allen.

11.35 The National **Lottery Friday Night Draws**

11.45 **D.O.A**

Modern film noir starring Dennis Quaid and Meg Ryan.

(R) 3.55-6.00am BBC News

1.10-2.30am ELM Don't Worry 1.25am Sign Zone: Rick Stein's Spain (R) 2.25 Restoration Home (R) 3.25 Royal Upstairs Downstairs

7.00 South Africa Walks Yomping yawns from the southern hemisphere. (R)

7.30 The Bear Family and Me

Gordon Buchanan follows a family of wild black bears for a year. Keep your distance, mate. (R)

8.30 Gardeners' World

Monty Don travels to London's second largest garden, which is probably still about the size of a postage stamp.

9.00 Chilean Miners: 17 Days Buried Alive

The ordeal of the Chilean miners.

10.00 The Rob **Brydon Show**

MUSTISSEE The comedian is joined by Bridesmaids actor and all-round good bloke Chris O'Dowd.

10.30 Newsnight

11.00 The Review Show at the Edinburgh **Festival**

MEW Highlights from the festival, including some top comedy.

12.00m't Of Time and the City

PREMIERE Docu about Liverpool from director Terence Davies.

7.00 Emmerdale

Egg-laying rubbish.

7.30 Coronation Street Julie turns to drink before her

second date with Brian. Nothing wrong with some Dutch courage.

8.00 Dickinson's Real Deal

Bobbins from Birmingham.

8.30 Coronation Street

Stella and Leanne share a drink. Everyone's getting slaughtered on this show tonight. Good plan!

9.00 Someone's Daughter, Someone's Son

The family of murdered schoolboy Jamie Lavis speak out.

10.00 ITV News, Weather

10.35 Practical Magic Witch-based fantasy starring

Sandra Bullock and Nicole Kidman.

12.30am The Zone

7.00 News

7.30 4thought.tv

7.35 Sex, Lies and Parkinson's

A 39-year-old comes to terms with Parkinson's disease.

8.00 Come Dine with Me

Four strangers from south Devon argue over dinner.

9.00 8 Out of 10 Cats

List-related laughs.

9.35 Chris Moyles' **Quiz Night**

MUST-SEE With Dermot O'Leary, Barbara Windsor and, most importantly, Micky Flanagan.

10.25 How Hip Hop Changed the World

A look at the defining moments in the history of the genre.

12.25am Music on 4: 4Real: WTF Is Dubstep?

12.30 Nero at Global Gathering

Dance music fest.

12.55 4Real: DJ Shyflow & MC Struggling

The duo record a session.

7.00 Cricket SPORT The third day of the third Test between England and India.

8.00 Danger: **Diggers at Work**

A family of lizards hinder an expensive project. Pesky reptiles.

9.00 Castle

The duo investigate the kidnapping of a two-year-old.

10.00 Castle

The novelist helps investigate the murder of a plastic surgeon.

7pm The Simpsons Homer heads to Jerusalem with Flanders and ends up

7.30 The Simpsons Homer battles mutants. (R)

stranded in the desert. (R)

8.00 Futurama

The Professor invents a oneway time machine. (HD)

8.30 Futurama

Earth is invaded by a race of intelligent cats. (HD)

9.00 An Idiot Abroad

Karl Pilkington heads for Christ the Redeemer in Rio de Janeiro, then moans about it. Ace laughs, as ever. (R)(HD)

10.00 Wall of Fame

Unseen footage from the topical panel show hosted by David Walliams. (HD)

11.00 Trollied

So-so comedy. (R)(HD)

11.30 Brit Cops: Rapid Response (R)

12.30am Border Invasion USA(R)(HD)

10.55 CSI: Miami

A flight attendant is found dead at an airport. (R)

11.55 Inside Hollywood Magazine show. (R)

12.10am SuperCasino We assure you

there's nothing super about this.

4.05 SPORT Motorsport Mundial 4.30 Danger(R) 5.20 Rough Guide To (R)



About Me: Romantic drama starring Helen Elizabeth and James Brough.

2.35 FILM Charley Varrick: Crime thriller starring Walter Matthau. 4.30-5.30am ITV Nightscreen

1.00 Inside SBTV: From Bedroom to Boardroom (R) 1.25 4Real: Jay Z's 99 Problems 1.30 Music on 4: Talay Riley 1.40-1.45am 4Real: Newz from the Endz

Nuts

13 AUGUST SATURDAY



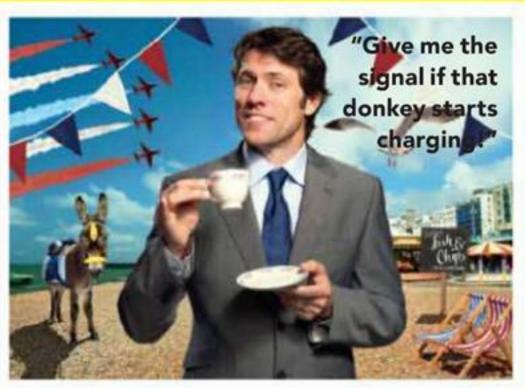
Newcastle vs Arsenal

SPORT ESPN, 4.45pm The Premier League is back! Let's hope this is half as good as February's 4-4 classic between these two, when the Toon fought back from four goals down! ****



The Other Guys

Sky Movies Premiere/HD, 8pm
Ridiculous crime comedy starring Will Ferrell and Mark Wahlberg as a pair of useless NYC detectives who stumble upon a gigantic case. Amusing. ★★★



John Bishop's Britain COMEDY BBC1, 9.25pm The genial comic introduces another

dose of feel-good laughs, with stand-up, sketches and real-life stories. Freddie Flintoff pops up tonight, too! ★★★★

BEC one

6.00am Breakfast 10.00 Saturday Kitchen Best Bites 11.30 The Good Cook (R) 12.00noon BBC News, Regional News, Weather 12.15pm SPORT Football Focus 1.05 Cash in the Celebrity Attic (R) 1.50 Bargain Hunt Famous Finds (R) 2.20 Father of the Bride Part II: Comedy sequel starring Steve Martin. 4.00 SPORT Final Score 5.25 BBC News, Regional News, Weather 5.45 Total Wipeout (R) 6.45 Tonight's the Night

TWO

6.00am CBeebies 7.00 CBBC 12.00noon The Sky at Night (R) 12.20pm Homes Under the Hammer 12.50 Diagnosis Murder (R) 1.30 Gymnast: Premiere. Docu film. 3.00 FILM Four Minutes: Sports drama. 4.30 Escape to the Country (R) 5.30 It's Marty Feldman (R) 6.00 Marty Feldman: Six Degrees of Separation (R)

itv 1

5.30am ITV News 6.00 CITV 8.25 Ten Mile Menu (R) 9.25 Coronation Street 11.45 This Morning: Saturday 12.45pm You've Been Framed! (R) 1.15 ITV News, Weather 1.20 FILM Murder on the Orient Express 3.45 FILM From Russia with Love: James Bond adventure. 5.55 Regional News, Weather 6.10 ITV News, Weather 6.25 Harry Potter and the Order of the Phoenix

9.00 Ronnie Corbett's

speaks to Harry Hill and David

Walliams and retells some old

10.00 ITV News, Weather

Comedy Britain

The minature entertainer

amusing anecdotes.

7.00 SPORT MSA Formula Ford Championship 7.25 SPORT The Grid 7.55 SPORT The Morning Line 8.50 T4: Friends (R) 9.20 Hollyoaks Music Show 9.55 Smallville (R) 10.50 Friends (R) 11.25 Pop Up Pop Quiz 12.15pm The Big Bang Theory (R) 1.15 The TV Book Club 1.45 SPORT Joe Bestwick 2012 (R) 1.55 LIVE Channel 4 Racing. 3.55 Hugh's Fish Fight (R) 4.55 Come Dine with Me (R) 5.55 News 6.25 4thought.tv 6.30 Come Dine with Me (R)

8.00 StreetDance

Docu charting the progress of teams

competing in the 2011 Street Dance

XXL championship. This is a fantastic

show for people who have an

9.00 Exit Through

10.45 The Antics

11.50 Logorama

12.10am Starsuckers

The origins of celeb-obsessed

the Mrs Heat magazine.

media. Bore off, we're busy reading

Animated short.

Yup, re-read the title of this show

but more to do with people who

have hijacked the public arena for

comedic, artistic or political ends.

Sounds just as rubbish to be honest.

again. It's nowt to do with antiques,

Roadshow

Street art docu from artist

Banksy, narrated by Rhys Ifans. If

you're into grafitti, you 'll like this.

the Gift Shop

Nope, us neither.

interest in dancing. You don't?



6.00am Milkshake! 10.00 Inside Hollywood 10.05 Mexican Food Made Simple (R) 10.35 Ultimate Police Interceptors (R) 11.35 Monster Moves (R) 12.35pm FILM Ivanhoe: Classic adventure starring Robert Taylor and Elizabeth Taylor. 2.45 FILM Krull: Adventure fantasy. 5.10 FILM The Seventh Voyage of Sinbad: We've often dreamed of having a go on a flying carpet. And owning a sword.

7.45 The National Lottery: In It to Win It

Dale Winton (orange) presents the quiz show (rubbish) where contestants answer questions to scoop a big prize (losers).

8.35 Casualty

Jeff and Dixie face stiff competition from new paramedics Tamzin and Omar. Competition? You're playing with people's lives!!! Oh, it's not real.

9.25 John Bishop's **Britain**

MUSTISEE Former cricketer Andrew Flintoff talks about his hobbies. We bet one of them is the pub.

9.55 BBC News, Weather

10.15 Match of the Day

NEW Hooray - it's back! Old big ears Gary Lineker presents action from the opening Premier League games of the season, including Newcastle vs Arsenal and Liverpool vs Sunderland. We've missed you!

11.35 The Football **League Show**

SPORT It's all the highlights and goals from today's fixtures. Thank lordy for the beautiful game.

7.00 Flog It!

selling their antiques. Erm, isn't The Antiques Roadshow? (R)

Really ancient war-based comedy which will only appeal to people over the age of 70. (R)

8.00 Imagine - Sitting for Lucian Freud

A profile of the British artist who died on July 20. (R)

9.00 BBC Proms 2011

The National Youth Orchestra of Great Britain performs works by Prokofiev. Oh how we enjoy a good trump. We'll get our coat.

11.05 The Rob **Brydon Show**

Chris O'Dowd. (R)

11.35 Top of the Pops 2: School Days

12.35am Monk Dawson

A former monk is forced to deal with the real world after a crisis of faith sees him expelled from the church. It's a no from us.

Paul Martin meets people in Luton, Bedfordshire, trying to make money there already a show like this called

7.30 Dad's Army

Brydon is joined by IT Crowd star,

Vintage school-themed hits. (R)

12.05am The Cube: **Celebrity Special**

10.15 I Am Legend

Sci-fi horror flick starring Will

Smith and some truly rubbish CGI.

It's still very entertaining though.

Joe Swash (how is this bloke still on TV?) and Kelly Osbourne take part in a charity edition of the show. (R)

7.00 Cricket

SPORT Highlights of the fourth day of the third Test between England and India. Let's score some runs!

8.00 5 News Weekend

8.05 NCIS

The team is called to a high-school on a Marine base, where a pupil has taken his classmates hostage and is threatening to detonate a bomb strapped to his chest. Well that's got to suck for everyone. (R)

9.00 CSI: Miami

The team comes under threat from Russian mobsters. The crazy cats! (R)

10.00 Law & Order: **Special Victims Unit**

Benson and Stabler investigate the murder of a 14-year-old girl.

10.55 CSI: Crime Scene Investigation

A body is found in the Las Vegas desert with large bite marks on the torso. It was a shark! (R)

11.50 Inside Hollywood

12.00m't SuperCasino It's not a casino, and it's not super.

4.00 Animal Rescue Squad (R)

7.00pm Emergency with Angela Griffin

The actress deals with 999 calls at the emergency centre. Errr surely she's not qualified to do this? 'My mum's choking on a chicken bone'. Griffin responds 'Pat her on the back', 'Ahhhh my mum's dead'. See, not qualified.(R)(HD)

8.00 Futurama

Bender delivers a package to a killer robot planet. (R)

8.30 Futurama

Fry learns he's rich. (R)

9.00 Phone Booth

Cracking suspense flick about a New York publicist trapped inside a phone booth by an unseen sniper. (HD)

10.40 Spartacus: Gods of the Arena

Batiatus enlists the help of Lucretia. (R)(HD)

11.55 Law & Order Lupo and Bernard investigate another death. (R)(HD)

12.45am **Fringe** (R)(HD)

SATURDAY'S SPORT

10.30am England vs India, Test Cricket, Sky Sports 1. MUST-SEE 4.45pm Newcastle vs Arsenal, ESPN.

SUNDAY'S SPORT

10.30am England vs India, Test Cricket, Sky Sports 2. 1pm Stoke vs Chelsea, Sky Sports 1. MUST-SEE 3.30pm West Brom vs Man United, Sky Sports 1.

1.00-6.00am BBC News

SUNDAY 14 AUGUST



West Brom vs Man United Sky Sports 1/HD, 3.30pm

SPORT The pick of the day's matches sees Fergie's Champs take on

Roy Hodgson's over-achievers. ★★★★



Dragons' Den BBC2, 8pm This week, our sour-faced entrepreneurs are visited by

entrepreneurs are visited by a load of family businesses. New dragon Hilary

looks like she actually feasts on new-born infants, so this could be a fun one! ★★★★



TODAY'S

MUST-SEE

TV PICKS!

The Inbetweeners Top Ten Moments COMEDY E4, 10pm With the movie out this week, E4 presents

your funniest Inbetweeners bits! ★★★★

one

6.00am Breakfast 7.40 SPORT Match of the Day (R) 9.00 Breakfast 10.00 Sunday Morning Live 11.00 Country Tracks 12.00noon BBC News 12.05pm Cash in the Celebrity Attic(R) 12.50 Bargain Hunt Famous Finds (R) 1.35 EastEnders 3.30 My Family (R) 4.00 My Family (R) 4.30 Escape to the Country (R) 5.30 Songs of Praise 6.05 Deadly 60 on a Mission 6.35 BBC News, Regional News, Weather

TWO

6.00am CBeebies 7.00 CBBC 10.00 Something for the Weekend 11.30 SPORT International Rugby Union 12.30pm MotoGP: The Czech Republic Grand Prix, start time 1pm. 2.00 Coast 2.10 [IIII] Two Men Went to War: Second World War comedy. 3.55 TILM The Alamo: Epic western starring Billy Bob Thornton. 6.00 Natural World:

5.30am ITV News 6.00 CITV 8.25 May the Best House Win (R) 9.25 Dickinson's Real Deal (R) 10.25 60 Minute Makeover (R) 11.30 This Morning: Sunday 12.30pm ITV News, Weather 12.35 Survival: Tales from the Wild 1.35 FILM Columbo: Ashes to Ashes: Murder mystery. 3.35 Midsomer Murders (R) 5.30 Ladies of Letters (R) 6.05 Ladies of Letters (R) 6.35 Regional News, Weather 6.45 ITV News, Weather

7.05 SPORT Triathlon 7.55 T4: The Crush 8.20 The Wanted's Postcard from T4 on the Beach (R) 8.45 Friends (R) 9.15 Hollyoaks 11.45 Friends (R) 12.20pm Ibiza Rocks 12.40 Professor Green's RockCorps 1.00 The Simpsons (R) 2.10 Undercover Boss (R) 3.10 Help! My House Is Falling Down (R) 4.15 SPORT Jody Cundy 2012 (R) 4.20 Stormbreaker: Teen spy flick. 6.05 News 6.35 4thought.tv 6.40 Iron Man: Ace action flick.



5.00am Milkshake! 10.00 Animal Rescue Squad (R) 10.15 New Cowboy Builders (R) 11.15 New Cowboy Builders (R) 12.15pm New Cowboy Builders (R) 1.15 FILM The Secret Garden: Period children's drama starring Kate Maberly. 3.15 The Bachelor: Romantic comedy rubbish. 5.10 FILM Ice Age: Animated comedy. 6.55 5 News Weekend

7.00 Cricket

SPORT Mark Nicholas presents

highlights of the fifth and final

between England and India.

8.00 Gladiator:

The True Story

donkey's years ago? (R)

9.00 300

Persian enemy.

Quality flick.

day of the third Test at Edgbaston

Docu exploring the real-life events

behind Ridley Scott's film Gladiator.

Seriously, who's their source for this

docu? Didn't these events happen

EILM Epic, brilliant adventure based

In 480BC, 300 Spartans face

overwhelming odds when they

make a defiant stand against the

Nuts MOBILE

on the graphic novel by Frank Miller.

7.00pm Hawaii Five-0 Like this cop show? You're in luck! Not a fan? Don't look down. A sci-fi fan dressed as his favourite superhero is thrown out of a window. (R)(HD)

8.00 Hawaii Five-0 McGarrett and Danny discover a dead body while hiking through the jungle. (R)(HD)

9.00 Hawaii Five-0 A cop seeks revenge when his wife is killed. (R)(HD)

10.00 Hawaii Five-0 Danny begins foaming at the mouth.(R)(HD)

11.00 Hawaii Five-0 Crime lord Wo Fat tries to put an end to the team. (R)(HD)

12.00m't Hawaii Five-0

The team investigates when a gang war spills over at a highschool football game. (R)(HD)

7.00 Britain's Hidden Heritage

NEW In search of forgotten places and objects that shed light on British history. How about not forgetting you have a remote control right now? To Channel 4, quick!

8.00 Countryfile

John Craven discovers how the landscape of south-west England... Sorry, we drifted off there.

9.00 Ocean Giants

NEW Docu about the lives of the ocean's largest mammals, beginning with 200-tonne blue whales and fighting humpbacks. We don't mind a bit of nature now and then, and this is actually great.

10.00 News, Weather

10.25 Match of the Day 2

SPORT It's the highlights of today's fixtures, featuring Stoke vs Chelsea and West Brom vs Man United.

11.35 Moving On Drama starring Donna Lavin. (R)

12.25am Sign Zone: Dragons' Den

A repeat of the first episode featuring new dragon Hilary Devey. She's scary! (R)

1.25 Holby City (R) 2.25 Richard Hammond's Journey to the Bottom of the Ocean (R) 3.25 The Good Cook(R) 3.55-6.00am BBC News

Empire of the Desert Ants (R)

7.00 Top Gear

The presenters search for the world's best four-seat supercar. (R)

8.00 Dragons' Den

Mustisse: The Den is taken over by a pirate (argh!), a hippie (peace, man) and a street urchin (have a wash). Watch them pitch their crusty ideas.

9.00 Glorious 39

Period thriller. On the eve of the Second World War, the adopted daughter of an aristocratic family stumbles upon a sinister conspiracy to keep Britain out of the war. Not really up our street.

11.00 Fish Tank

Gritty British drama. A headstrong Essex teenager develops a risky friendship with her single mother's boyfriend.

1.00am BBC News 3.55-4.40am

SPORT The Super League Show

7.00 Joanna Lumley's Nile

The actress follows the river into the deserts of northern Sudan. This show is about as interesting as this fact: we've been on a boat down the Nile. See, not interesting at all. (R)

8.00 Born to Shine

Talented kids teach more celebs new skills including how to play the electric guitar and the harp.

9.00 Law & Order: UK

The team come up against gang culture and crime.

10.00 ITV News, Weather

10.15 Jarhead

Military drama starring Jake Gyllenhaal and Jamie Foxx. During the first Gulf War, a platoon of American marines try to come to terms with stress and boredom while waiting to see action in Iraq.

12.25am The Zone

2.00 SPORT British Superbike

Championship Highlights

3.20 SPORT Motorsport UK

4.05-5.30am ITV Nightscreen

10.30 Graffiti Wars

The rivalry between leading UK graffiti artists Banksy and King Robbo. Who? Never heard of him.

11.35 Life of Rhyme All about rap.

12.40am Dark Days the streets of New York City.

11.20 Red Sonja FILM This, on

the other hand, isn't a quality flick. Amold Schwarzenegger plays a red-haired warrior who tries to retrieve a stolen talisman.

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9.00 StreetDance

The remaining crews compete for

the 2011 Street Dance XXL title.

An award-winning film about the lives of homeless people living in disused transport tunnels under

2.20 NEW Without a Trace: New 5.15-6.10am Hill Street Blues (R)

1.05am SuperCasino 4.00-4.10 Meals in Moments (R)

series. 3.10 Without a Trace 3.55 Hung 4.30 Brothers & Sisters (R)

Nuts

15 AUGUST MONDAY



Man City vs Swansea

Sky Sports 1/HD, 7pm

SPORT Man City ace Sergio Aguero cost more than top-flight new

boys Swansea have probably spent in their history. Easy home win? We'll see. ****



Let The Right One In

Film4, 9pm

Creepy Swedish vampire chiller, remade as Let Me In, in which a young boy befriends a mysterious girl who turns out to have a taste for blood... ★★★



Shooting Stars

BBC2, 10pm

COMEDY Tonight's daft quiz show features wildlife chap Chris

Packham, TV lovely Tess Daly, actor Mark Benton and scrawny Alexa Chung. ★★★★

BIBIC one

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready?(R) 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 FILM The Fugitive: Drama about a priest on the run from a Latin American regime. 1.15pm Diagnosis Murder (R) 2.00 Wanted Down Under (R) 3.00 Weakest Link (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Celebrity Eggheads (R)

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5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Let's Do Lunch with Gino & Mel 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover(R) 3.00 Dickinson's Real Deal (R) 4.00 Rosemary & Thyme (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.15 According to Jim 7.40 Frasier (R) 8.05 T4: Friends (R) 9.05 90210 9.55 The Saturdays: What Goes on Tour (R) 10.10 Jason Derulo: Video Exclusive 10.15 V Festival: The Countdown 11.00 Friends (R) 12.00noon News 12.05pm A Place in the Sun: Home or USA? (R) 1.05 The Enemy Below 3.00 Come Dine with Me Extra Portions (R) 4.00 Deal or No Deal 5.00 Come Dine with Me Extra Portions (R) 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News

never get back.

of Buildings

7.55 4thought.tv

Five minutes of your life you'll

8.00 The Secret Life

Something about buildings.

9.00 Concrete Circus

to make new online films.

Urban dance film.

Five of the world's best urban sports

stars team up with young directors

10.40 One Man Walking

11.00 Coming Up: Magic

The chairwoman of a magic society

is suspected of murder. Eh?



6.00am Milkshake! 9.15 The Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.15 drama. 5.00 5 News at 5, Weather Manor(R) 6.25 OK! TV

BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

7.30 Bang Goes the Theory

A BBC bigwig turns around and says, "I know, let's make science fun!" This is the result. It's not.

8.00 EastEnders More soap tripe.

8.30 Panorama: **Drinking Our Rivers Dry?**

How demand for water is affecting the nation's rivers. Yawn.

9.00 New Tricks

The team probes the mystery of a missing scientist.

10.00 News, Weather

10.35 A Question of Sport

Gentle sport-based panel show.

11.05 The Celebrity Apprentice USA

The teams appear on a homeshopping channel. Pure brilliance.

11.50 The Celebrity Apprentice USA

The task: create a magazine spread.

12.40am Sign Zone: Raymond Blanc's Kitchen Secrets(R)

1.10 A Farmer's Life for Me (R) 2.10 Animal 24:7 (R) 2.55 Antiques Road Trip (R) 3.40-6.00am BBC News

7.00 Wonderstuff

Antibacterial sprays are tested. Nope, no idea why.

7.30 Victorian Pharmacy

The trio make their own disinfectant.

8.00 University Challenge

It's spod wars! Tonight, the geeks are forced to battle it out, while having chillis poked in their eyes.

8.30 Antiques Master

A silver specialist, a pottery enthusiast and a man with a passion for household objects compete. Crikey, we'd rather watch paint dry.

9.00 Horizon

Something about astronomers.

10.00 Shooting Stars

MUSIASEE The best thing about this show has to be Angelos. He's totally nuts, but brilliantly funny. Agreed?

10.30 Newsnight

11.20 Torchwood: **Miracle Day**

The team learns the truth. (R)

12.15am The Tudors

Teenager Katherine Howard becomes Henry's fifth wife. Good for her. (R)

1.10-3.40 BBC News

7.00 Emmerdale

The chickens are having a right to-do as the ducks have been laying eggs. Egg-laying is for chickens, right?

7.30 Coronation Street

Cobbled-street claptrap.

8.00 Countrywise Kitchen

Cooking, ingredients, etc.

8.30 Coronation Street

Frank is left waiting for a reply. We don't even know what the question was. Let's just say no, shall we?

9.00 Show Me the Funny

The remaining contenders head to South Wales to try and make people laugh. Might we suggest avoiding sheep-based jokes?

10.00 ITV News, Weather

10.35 The Shadow

Here's a prime example of how not to make a comic-book-based film. Alec Baldwin stars as billionaire reformed-criminal-turned-psychic crimefighter The Shadow.

12.30am The Zone

2.35 Nightwatch with Steve Scott

5.30am The Jeremy Kyle Show (R)

(R) 3.25 ITV Nightscreen 4.30-

11.35 24 Hours in A&E A man with schizophrenia makes his 19th visit of the year. (R)

12.35am Music on 4: Calvin Harris: 360 Sessions

The singer-songwriter talks about his forthcoming single.

1.05 The Kooks 1.20 Abbey Road Debuts (R) 1.35 The Album Chart Show (R) 2.00 Beneath the Planet of the Apes 3.40-4.25 Brothers & Sisters (R)

Wright Stuff 11.10 The Wright Stuff Truckers (R) 1.15 Meerkat Manor (R) **FILM** Expecting a Miracle: Domestic 5.30 Neighbours (R) 6.00 Meerkat

7.00 5 News at 7

7.30 How Do They Do It?

Ever wondered how halogen lightbulbs are made? Nope, us neither but apparently someone has, so here's a show about it! (R)

8.00 Ultimate Police Interceptors

Twenty police cars and two helicopters pursue a reckless driver across two counties. Slightly excessive, wouldn't you say?

9.00 War

Very entertaining action flick starring Jason Statham and Jet Li. An FBI agent goes on the trail of a Chinese assassin in order to avenge the death of his partner. We rather enjoyed this romp.

11.10 I Spy

Poor espionage comedy based on the 1960s TV series, starring Eddie Murphy and Owen Wilson.

12.55am SuperCasino

3.55 Meals in Moments (R) 4.05

HouseBusters (R) 4.55 Rough Guide

to Weekend Breaks (R) 5.10 Wildlife

SOS(R) 5.35-6.00am House Doctor

(R)

MONDAY'S SPORT

Arizona's elite police. (R)(HD)

7pm The Simpsons

his school crush. (R)(HD)

7.30 The Simpsons

8.00 Safebreakers

containing £5,000. (HD)

9.00 Cop Squad

with the letter C. (HD)

10.00 Spartacus:

Gods of the Arena

Batiatus' father Titus returns.

Fantastic - been wondering

where he was. (R)(HD)

Mediocre drama. (R)(HD)

11.45 Wall of Fame

12.45am Border

Invasion USA

Unused footage from the panel

11.15 Trollied

show. (R)(HD)

MEW Game show in which two

teams compete to unlock a safe

Cops, crims, Cambridgeshire

and other things beginning

with his mother. (R)

Bart decides to steal a kiss from

Milhouse moves to Capital City

MUST-SEE 7pm Man City vs Swansea, Sky Sports 1.

TUESDAY'S SPORT

7.30pm UEFA Champions League, Sky Sports 2.

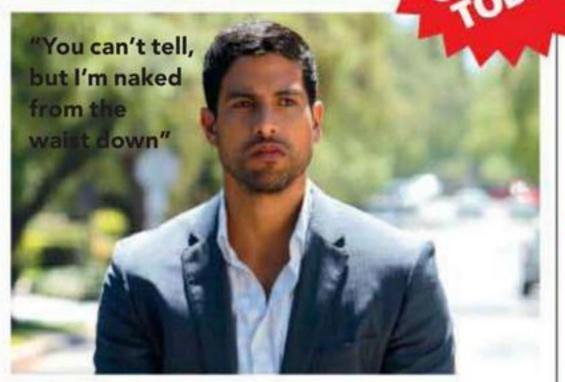
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TUESDAY 16 AUGUST



Seven Dwarves

Channel 4, 9pm
This short new series follows the lives of seven dwarves as they perform a panto production of Snow White. Hope it measures up to the hype! Ahem. ★★★



CSI: Miami Channel 5, 9pm

DRAMA Our favourite ginger cop (let's be honest, there aren't many of them on TV) is hot on the trail of the villain who murdered his wife. Don't be a wussy, Horatio - when you catch him, kill him! ★★★



TODAY'S

MUST-SEE

TV PICKS!

Wilfred BBC3, 10.30pm

COMEDY

Ryan's (Elijah Wood) on the brink of suicide when

he starts seeing his hot neighbour's pooch Wilfred as a man in a dog suit. Weird? Yes. Funny? Too right! ★★★★

one

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? (R) 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 TIM Tender Comrade: Second World War drama. 1.15pm Diagnosis Murder (R) 2.00 Wanted Down Under (R) 3.00 Weakest Link (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Celebrity Eggheads (R)

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show(R) 10.30 This Morning 12.30pm Let's Do Lunch with Gino & Mel 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover (R) 3.00 Dickinson's Real Deal (R) 4.00 Rosemary & Thyme (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.25 According to Jim 7.50 Frasier (R) 8.15 T4: Friends (R) 8.45 90210 9.40 The Saturdays: What Goes on Tour(R) 10.00 Usher: Live in London 11.00 Friends (R) 12.00noon News 12.05pm A Place in the Sun: Home or Away (R) 1.05 TIM The Day Will Dawn 3.00 Celebrity Come Dine with Me Extra Portions (R) 4.00 Deal or No Deal 5.00 Celebrity Come Dine with Me Extra Portions (R) 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Meerkat Manor (R) 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.15 Jane Doe: The Wrong Face: Crime thriller. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Meerkat Manor() 6.25 OK!

7pm The Simpsons Grampa meets a newspaper columnist. (R)(HD)

7.30 The Simpsons Homer tries to help his fugitive mother evade justice. (R)

8.00 Emergency with Angela Griffin

We're not entirely sure of the point of this show. It's just about people getting hurt, and Angela Griffin mooching around. (R)(HD)

9.00 Phone Booth

FILM Cracking suspense thriller starring Colin Farrell as a NY publicist trapped in a phone booth by an unseen sniper. (HD)

10.40 **Octomum**: The 8 Baby Mother

The story of Nadya Suleman, who gave birth to octuplets. (R)

12.10am Caribbean Cops

Law enforcers on the islands of Jamaica, Trinidad and Tobago and St Lucia. (R)(HD)

7.00 The One Show

A dull show about dull stuff.

7.30 EastEnders

Michael suspects Vanessa might have feelings for Eddie. We have feelings about this show. Rage, anger, hate, loathing etc.

8.00 Holby City

Malick tries to convince a nervous patient to undergo a routine procedure. Yeah, we're just going to cut your head off and sew it back on.

9.00 DIY SOS: The Big Build

A bungalow is converted into a fourbedroom home. How joyous.

10.00 News, Weather

10.35 My Hoarder Mum and Me

Jasmine tries to help her mother kick her extreme hoarding habit.

11.25 Fast Food Baby

Docu exploring why some parents feed their children junk food. (R)

12.30am Sign Zone: Coast

The team explores Sweden. Think we'll explore our bed and hit the pillow, thanks. (R)

1.30 Britain's Bravest Cops (R) 2.15 Antiques Road Trip (R) 3.00 Saints and Scroungers (R) 3.30-6.00am **BBC News**

7.00 Dragons' Den Investment pitches, with ideas including a fancy-dress business. Yeah, 'cos that's original. We thought this show was meant to be for inventors? (R)

8.00 The Great British **Bake Off**

Twelve home cooks, er, cook.

9.00 The Hour

Lady Elms asks Freddie to drop his investigation.

10.00 Twenty Twelve

Cracks begin to emerge in boss lan Fletcher's marriage.

10.30 Newsnight

11.20 Chilean Miners: 17 Days Buried Alive

The ordeal of the Chilean miners after a rockfall trapped them 2,300ft underground. (R)

12.20am Town with Nicholas Crane

1.20-3.30 BBC News

The geographer visits Perth in the Scottish Highlands. Spiffing! (R)

7.00 Emmerdale

Jared reveals why he has a vendetta against Amy. Eh? Oh, we thought that said Viennetta, like the ice cream. What a treat!

7.30 Wildlife Patrol

Two dwarf crocodiles test the nerves of animal health officers.

8.00 Cops with Cameras

Police in Oldham pursue a wanted burglar on foot. He won't get very far holding that 50in telly. (R)

9.00 Unforgiven

A woman is released from prison after serving 15 years for the murder of two policemen. (R)

10.00 ITV News, Weather

10.35 The Grudge

This remake of a Japanese ghost story is actually rather creepy. Sarah Michelle Gellar stars as a student in Japan who crosses the threshold of a house that's possessed.

12.20am The Zone

ITV Nightscreen

2.25 Crossing Jordan 3.15-5.30am

7.00 News

7.55 4thought.tv

Five minutes of boredom, captured right here. You lucky blokes!

8.00 The Sex **Education Show**

Pupils learn about attraction. We could all learn a thing or two about attraction, purely from the cover of this issue of Nuts.

9.00 Seven Dwarves

MUSTISEE Intriguing new docu following the lives of seven dwarf actors. You just can't help but watch.

10.00 Ramsay's Kitchen Nightmares USA

This is pretty much the same show every week.

11.05 Chris Moyles' **Quiz Night**

The Radio 1 DJ is joined by Dermot O'Leary (boring), Barbara Windsor (old) and Micky Flanagan (class). (R)

11.55 UK & Ireland Poker Tour

SPORT Action from the Cork event.

12.55am Sailing SPORT Highlights of various regattas.

1.25 Volleyball 2.20 Boxing 2.45 The Grid (R) 3.15 Ford Championship (R) 3.45 Freesports on 4 (R) 4.10 Triathlon (R) 5.05-6.00am Cookery School (R)

7.00 5 News at 7

7.30 Mexican Food Made Simple

How to make a prawn cocktail and a hot chorizo salad. Both of which we'd now like to eat.

8.00 Monster Moves

Racing yachts are transported from France to Guadeloupe.

9.00 CSI: Miami

MUST-SEE A fugitive killerembarks on a city-wide search for his daughter.

10.00 CSI

Langston and Riley are held hostage by an armed teenager while investigating a gang-related shooting. (R)

10.55 CSI

Grissom investigates a murder that certain locals seem to not want solved. (R)

11.55 CSI: NY

A twisted serial killer is on the rampage (R)

12.50am Super Casino

3.55 Meals in Moments (R) 4.10-5.10 Monster Moves (R)



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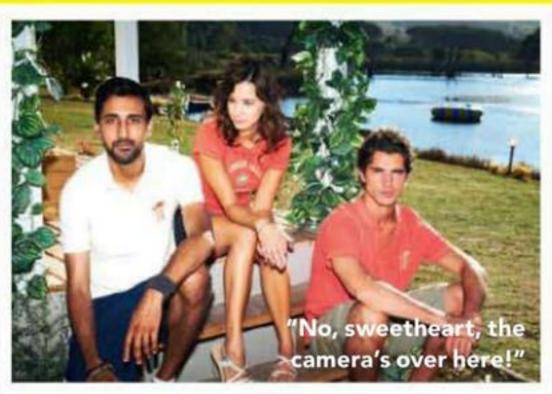
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17 AUGUST WEDNESDAY



Arsenal vs Udinese

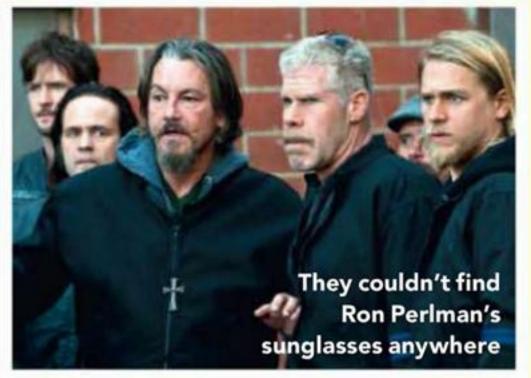
SPORT ITV1, 7.30pm
The Italians will be a tough challenge for Arsene Wenger's side. Robin van Persie and Samir Nasri are suspended - and will Cesc Fabregas play? ★★★



Beaver Falls E4, 9pm

DRAMA It's the hottest day of the year, causing everyone at the Yank

summer camp to have the serious horn. Everyone seems to be getting their end away, too. Apart from Barry, of course. ★★★



Sons Of Anarchy

DRAMA 5USA, 10pm Jax's mum Gemma is handcuffed to a hospital bed while he learns of his son's whereabouts. Who will he sell out to save his kid? ★★★★

BEC one

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? (R) 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 FILM Cornered: Thriller starring Dick Powell. 1.15pm Diagnosis Murder (R) 2.00 Wanted Down Under (R) 3.00 Weakest Link (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Celebrity Eggheads (R)

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Let's Do Lunch with Gino & Mel 1.30 ITV News, Weather 1.55 Regional News, Weather 2.00 60 Minute Makeover(R) 3.00 Dickinson's Real Deal (R) 4.00 Rosemary & Thyme (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News, Weather

7.00 Everybody Loves Raymond (R) 7.25 According to Jim 7.50 Frasier (R) 8.15 T4: Friends (R) 8.45 90210 9.40 The Saturdays: What Goes on Tour (R) 10.00 JLS: Stars and Strikes (R) 11.00 Friends (R) 12.00noon News 12.05pm A Place in the Sun: Home or Away (R) 1.05 The Secret Supper Club (R) 1.35 SPORT Mandip Sehmi 2012 (R) 1.40 LIVE Channel 4 Racing. 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Meerkat Manor (R) 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.15 No Ordinary Baby: Drama. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Meerkat Manor(R) 6.25 OK! TV

7.00pm The Simpsons Lisa accepts an invitation to join a Wiccan coven. (R)(HD)

7.30 The Simpsons Homer is awarded his own talk show.(R)

8.00 The Glee Project The clue's in the word in the title that says Glee. Run as fast as you can! (HD)

9.00 Half Cut Woman

Docu following a fat 31-year-old

woman who's planning to have lots of cosmetic surgery - but

only to one side of her body.

Nope, no idea why. (R)

10.00 Brit Cops:

Cops on crime. (R)

Rapid Response

11.00 Cop Squad

Cambridgeshire police officers

take on pot farmers. (R)(HD)

12.00m't Caribbean

More of the same as above,

but Caribbean-based. (R)(HD)

WEDNESDAY'S SPORT

MUST-SEE 7pm UEFA Champions

League: Arsenal vs Udinese,

Sky Sports 2/ITV1.

Cops

7.00 The One Show

Topical stories. That's topical, not tropical like a can of Lilt.

7.30 National **Treasures Live**

A visit to a warship in Portsmouth.

8.00 Village SOS

9.00 Who Do You

We're off to Wiltshire, where locals are using a lottery grant to buy the lease of a 200-year-old pub. That's a useful way of spending lotto money.

Think You Are? Well, we know we're not the type of people to watch this show. Next!

10.00 News, Weather

10.35 The National **Lottery Wednesday Night Draws**

Someone might win this miniscule jackpot. It could be you but let's face it, it probably won't be.

10.45 Live at the Apollo Laughs guaranteed, thanks to

Sean Lock and John Bishop. (R)

11.30 The Two Mr Kissels

Film Fact-based drama about the rivalry between two millionaire brothers that led to their deaths.

1.00am Sign Zone: Raymond Blanc (R) 1.30 Country Tracks (R) 2.25 Royal Upstairs Downstairs (R) 2.55 Antiques Road Trip (R) 3.40-.00am_RBC New

7.00 Coast

More coastal-based rambling. (R)

8.00 Natural World: Heligan - Secrets of the **Lost Garden**

A look at the wildlife inhabiting the popular Cornish garden. If we wanted wildlife, we could look out of the window at home and see a fox or the neighbour's cat.

9.00 The Wildest Dream

EILM Docu about English mountaineer George Mallory.

10.30 Newsnight

11.20 Fake or Fortune?

The career of notorious forger Han van Meegeren. (R)

12.20am The Tudors

Henry invites Anne of Cleves back into the royal court. Aye Aye! (R)

1.15-3.40am BBC News

7.00 Emmerdale

Rejoice and get your party hat on! This is the 6,000th episode of the show! Crack open the beers!

7.30 UEFA Champions League

MUSISSEE It's the Italians Udinese vs the mighty Arsenal. We know who we're rooting for!

10.00 ITV News, Weather

10.35 **UEFA Champions**

highlights from the first-leg matches

11.35 Homes from Hell

The stories of Brits who invested in

the Dubai property boom, only for it

all to go horribly wrong. (R)

12.30am The Zone

2.35 FILM The Lion in Winter:

ITV Nightscreen

Historical drama. 4.50-5.30am

League: Extra Time

SPORT Matt Smith presents

in the play-off round.

7.00 News

7.55 4thought.tv Might we suggest ITV1?

8.00 Twilight

And for all the ladies who aren't watching the match on ITV1, this one's for you! It's about a teenage girl who falls in love with a vampire.

10.20 8 Out of 10 **Cats Uncut**

A cracking, much-needed longer version of the comedy panel show.

11.05 The Inbetweeners

Will helps arrange the school's Duke of Edinburgh Award scheme. (R)

11.40 The Inbetweeners

Simon makes progress with Carli by helping her revise. (R)

12.10am Music on 4: Ibiza Rocks

Tinie Tempah makes a headline performance at the gig.

12.40 The Killing

Stan plots revenge for his daughter's murder. Don't do it, Stan! (R)

1.35 FILM Ask the Dust: Period

drama starring Colin Farrell. 3.35

Blues (R) 5.15-6.10am Cookery

School (R)

Brothers & Sisters (R) 4.25 Hill Street

3.55 Meals in Moments (R) 4.10 Nick's Quest (R) 4.35 Nick's Quest (R) 4.55 Rough Guide to Adventures (R) 5.10 Wildlife SOS(R) 5.35-6.00am House Doctor (R)

7.00 5 News at 7

7.30 Garden ER

Charity workers receive a garden makeover.

8.00 Croc Man

Docu following Shaun Foggett as he tries to fulfil his dream of opening Britain's first crocodile zoo. A whole zoo full of crocs? That's not a zoo, that's a large house where crocs live.

9.00 NCIS

An admiral is found executed by the side of a road. (R)

10.00 Nowhere to Run

Romantic action thriller starring Jean-Claude Van Damme. Guaranteed cheese fest.

11.55 Poker: The Big Game

SPORT Pro players compete against top amateurs.

12.55am SuperCasino

MUST-SEE 10.30am Test cricket:

THURSDAY'S SPORT

England vs India, Sky Sports 1.

THURSDAY 18 AUGUST



England vs India Sky Sports 1/HD, 10.30am By the start of the fourth Test,

England could be close to being crowned

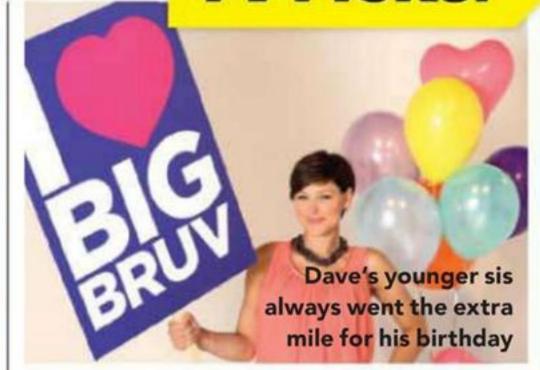
the world's best Test cricket nation. So why not whip the Indians yet again? ★★★★



The Killing Channel 4, 9pm

DRAMA Still watching this? Still reckon the teacher murdered Rosie

Larson? Are you wondering what the mayor has to do with it? Us, too. We're still none the wiser as to what's happened! ★★★★



TODAY'S

MUST-SEE

TV PICKS!

Celebrity Big Brother REALITY Channel 5, 9pm Welcome back, old friend

- it's been way too long! Will it be Charlie Sheen? Pamela Anderson? Amy Childs? Who cares? We simply can't wait! ★★★★

one

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? (R) 11.30 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

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6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Coast(R) 11.40 Build My Gallows High: Thriller. 1.15pm Diagnosis Murder (R) 2.00 Wanted Down Under (R) 3.00 Weakest Link (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads (R) 6.30 Celebrity Eggheads (R)

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show(R) 10.30 This Morning 12.30pm Let's Do Lunch with Gino & Mel 1.30 ITV News, Weather 1.55 Regional News, Weather 2.00 60 Minute Makeover (R) 3.00 Dickinson's Real Deal (R) 4.00 Rosemary & Thyme (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News, Weather

7.00 **News**

Rescue

country piles.

9.00 The Killing

7.55 4thought.tv

yourself a nice cup of tea.

8.00 Country House

Making money out of old

MUST SEE We suggest you Sky+

this and hop over to Channel 5

right now. Linden doesn't trust

10.00 Jaycee: My 18

How kidnap victim Jaycee Lee

11.05 Seven Dwarves

The lives of the dwarf actors in

a Snow White production. (R)

12.05am Music on 4:

A preview of the event that'll

include Tinie Tempah, Example,

Dizzee Rascal, N-Dubz and Plan B.

The headline acts are Eminem and

Rihanna. That's a quality bunch. (R)

12.50 The Album Chart

Show: Spotlight

V Festival: The

Countdown

Dugard survived her 18-year ordeal.

Years in Captivity

her partner Holder at all...

Use these five minutes to go make

7.00 Everybody Loves Raymond (R) 7.25 According to Jim 7.50 Frasier (R) 8.20 T4: Friends (R) 8.50 90210 9.45 The Saturdays: What Goes on Tour (R) 10.00 The Big Bang Theory (R) 11.00 Friends (R) 12.00noon News 12.05pm Friends (R) 12.30 A Place in the Sun: Home or Away (R) 1.35 SPORT Jody Cundy 2012 (R) 1.40 Live Channel 4 Racing 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks



6.00am Milkshake! 9.15 The Wright Stuff 11.10 The Wright Stuff Extra with Gabby Logan 12.10pm 5 News Lunchtime 12.15 Ice Road Truckers (R) 1.15 Meerkat Manor (R) 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.15 The Family Recipe (R) 3.20 McBride: Semper Fi: Mystery. 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Meerkat Manor (R) 6.25 OK! TV 6.55 5 News at 7

7.00 The One Show

7.30 EastEnders

Tanya goes to the hospital. It's probably Holby City.

8.00 Motorway Cops

NEW Traffic cops crack down on crims who transport illegal goods across Britain via the motorway.

9.00 Torchwood: Miracle Day

Gwen, Rex and Esther are trapped on both sides of the Atlantic.

10.00 News, Weather

10.35 Our War

Docu exploring the conflict in Afghanistan through the words and pictures of British soldiers. (R)

11.45 The Gingerbread Man

Legal flick from the John Grisham novel. An attorney tries to protect a woman who's being stalked by her cult-leader father.

7.00 The Culture Show at the Edinburgh Festival

A review of theatre production The Wind-Up Bird Chronicle. Can't say we're fans of the stage, unless there's a pole on it.

8.00 Monty Halls' **Great Irish Escape**

Monty electronically tags the fins of basking sharks. Cool.

9.00 Town with **Nicholas Crane**

Some bloke's tour of Britain comes to an end. See ya!

10.00 Have I Got Old News for You

John Bishop and Penny Smith join guest host John Prescott. (R)

10.30 Newsnight

11.20 The Hour

Clarence issues Bel with an ultimatum. (R)

12.20am The Culture Show at the Edinburgh Festival (R)

7.00 Emmerdale

Mia is shocked to see Declan in an intimate embrace with Katie. That's because Declan is a turkey and Katie is a duck. It'll never end well.

7.30 Farewell Wootton **Bassett: Tonight**

Military funeral repatriations.

8.00 Emmerdale

Clucking hell, it's another episode!

8.30 Coronation Street

Sylvia's cost-cutting causes havoc at Roy's Rolls. She's swapped bacon for turkey and ham - big mistake.

9.00 Single-Handed

Jack faces the prospect of losing both Gemma and his career.

10.00 ITV News, Weather

10.35 Ronnie Corbett's **Comedy Britain**

Part two of two. (R)

11.35 Piers Morgan's **Life Stories**

Piers chats to Babs Windsor. (R)

12.30am The Zone

1.05 Hollyoaks Music Show (R) 1.30 Cast Offs (R) 2.25 The Sex Education Show (R) 3.20 Hill Street Blues (R) 4.10 Brothers & Sisters (R) 4.55 Cookery School (R)

7.00 Cricket

SPORT Highlights of the opening day's play in the fourth Test.

8.00 New Cowboy **Builders**

People screwed by dodgy builders.

9.00 Celebrity Big **Brother: Live Launch**

MUST SEE Love it or loathe it, it's back, and we can't bleeding wait! Formerwinner and very funny bloke Brian Dowling takes over from the massive-mouthed Davina, as a whole host of celebs enter the house for the first time tonight.

10.30 Celebrity Big Brother's Bit on the Side

show. It's like Big Brother's Little Brother, but not!

NEW Emma Willis hosts this new

11.30 Comedy Kings: Best of Just for Laughs Canadian

comedy.

12.00m't Inside Hollywood

12.05am Super Casino

3.55 Meals in Moments (R) 4.05-4.55 Nick's Quest (R)

7.00pm The Simpsons Bart plays his parents off against each other. (R)(HD)

7.30 Futurama

The Professor invents a oneway time machine. (R)(HD)

8.00 Futurama

Earth is invaded by a race of intelligent cats. (R)(HD)

8.30 The Simpsons

Lisa reveals a magician's mostfamous trick. (R)(HD)

9.00 Trollied

Supermarket comedy. (HD)

9.30 A League of Their Own

Guests are Tim Henman and Chris Evans. (R)(HD)

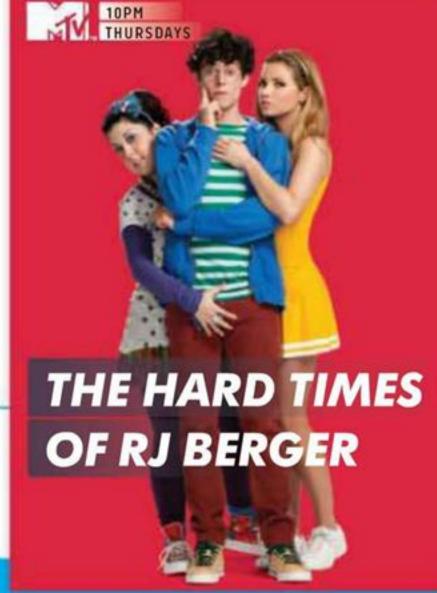
10.00 An Idiot Abroad

Karl Pilkington heads for Christ the Redeemer in Rio. (R)(HD)

11.00 Law & Order

A wealthy woman is found dead in her apartment. (HD)

12.00m't Caribbean Cops (R)(HD)



1.40am Sign Zone: Drinking Our Rivers Dry?(R) 2.10 Sign Zone: Countryfile (R) 3.10 Saints and Scroungers (R) 3.40 Royal Upstairs Townstairs (R) 4.10-6.00am News

1.20-4.10am BBC News

2.30 Farewell Wootton Bassett: Tonight (R) 2.55 ITV Nightscreen 4.35-5.30am The Jeremy Kyle Show (R)

Nuts MUST HAVE

















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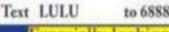
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Tani. UKanywhere. 43 yrs. Photos. Text

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specially looking for younger gu

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to 68889

Ellen, 45. Just Divorced. Looking for fun in Scotland! Photos.

Text ELLEN to 68889



London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text:- JILL 68889

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bar maid looking 4 hook ups. Photos. Text HELENA to

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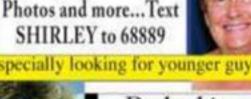
YORKSHIRE, Pixie, 18 years old. Fun teen of 18 in Yorkshire area looking for fun times, PHOTOS and more.. Text PIXIE to 68889



Sexy fun babe in Birmingham. Looking for fun. Photos and more.

Text JENINE to

Anywhere UK. Photos and more...Text SHIRLEY to 68889





Derbyshire or anywhere UK. Very mature woman. Photos. Text IVY to 68889

Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos.

Text SHANTA to 68889

specially looking for younger guy Tanya. Older woman. Not looking for anything serious.

PHOTOS. Text

TANYA to 68889 specially looking for younger guy

Anywhere UK. Travel rep 19. Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889



Saucy older woman wants younger guy Get my HOT pics and VIDEOS. Text BEVERLY

VAUGHT to 68889

Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Tash, Glasgow (18) Nat, Midlands (19)



Get my hot pix. Text Get my hot pix and **TASH** to 68889

Jule, UK (40) Tara, UK (47)

HOT videos, xxx

Text NAT to 68889

Get my hot pix. Text

TARA to 68889

AS SEEN

ON TV



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos.

Text JULE to 68889





Messages are from real people, and not computer generated. Hook up whenever suits you! 24/7. 18+

Annalise, 43. Newcastle, I am just divorced, hot and naughty! Younger guys especially wanted. ANNALISE to 68889 TEXT:-

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI

to 68889



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0908 145 3020



STUDENTS 18+

Can you handle these shocking students who will do anything and everything it takes! Use them over & over again

0908 145 0578



LUSH & LOCAL

Incredibly filthly skilled local babes ready to take a firm grip. They know just how to handle any thing you've got to give

0908 145 2974



frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x

0909 466 7251



DIVORCED & SEXY

Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7

0908 145 0577

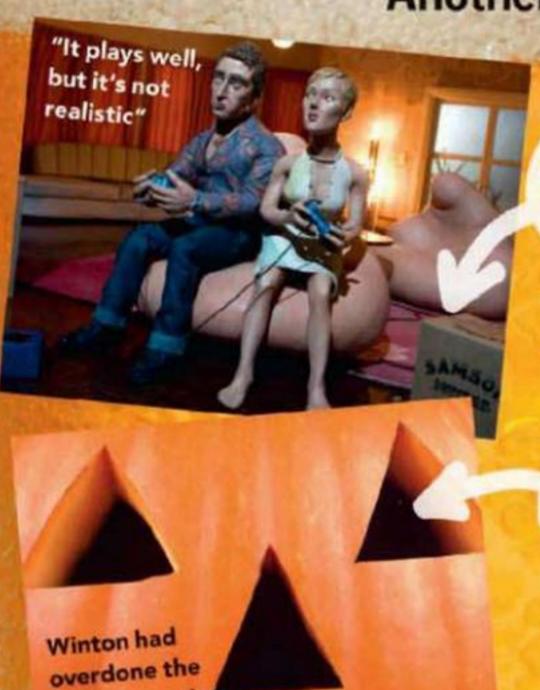


SEXY & PHYSICAL

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

0909 897 9447

Another foaming pint of fascinating facts!



hehind me

Shouting "Duck!"

didn't help him

avoid punches

FLORA

fake tan again

A recent survey suggests that the average console gamer will spend 1.8 years of their life playing games.

"Stewardesses" is the longest word in the English language that is typed exclusively with the left hand.

The oriental fire-bellied toad's pupils are triangular.

Of the 3,000 species of mosquito, only three of them are responsible for spreading human diseases.

Bananas don't grow on trees banana plants are actually herbs.

Tardigrades - microscopic insect-like creatures also known as "water bears" - can survive at temperatures of minus 272C, and being heated to 151C.

Ducklings are born with an innate recognition of - and fear of the silhouette of birds of prev

The Wensleydale Heiter pub in West Witton, North Yorkshire entered the Guinness World Records this year when they cooked a portion of fish and chips weighing 7st 2lb.

Fifty per cent of koalas have chlamydia.

Thomas Beatie of Oregon was the first man to give birth, in 2008. He underwent female-to-male gender reassignment surgery in 2002 but didn't have his female reproductive organs removed, enabling him to carry a child.

Crab sticks don't actually contain any meat.



Wayne's hair transplant
was a hit with Coleen

- In some parts of the world, farmers hang dead crows in order to scare off living ones.
- In many parts of Scotland, scarecrows are also called "tattie bogles".
- In 2004, Loaded magazine appointed a scarecrow as a guest editor.

"Uh-oh -

vertigo

attack!

- Beck and My Chemical Romance have recorded songs entitled Scarecrow.
- The Kettlewell Scarecrow
 Festival runs from Saturday
 13 August to
 Sunday 21
 August in
 Kettlewell,
 North
 Yorkshire.

